

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



IMPORTANT: SEE PAGE 2 FOR HOW TO UPDATE YOUR EMAIL ADDRESS. NO MORE PAPER NEWSLETTERS

Meet Your Leaders

Cheryl Heckler, Membership Director



Picture taken at Ball River Falls

My name is Cheryl Heckler, and this is my 7th year as the Membership Director. I have lived in Tennessee since November 1992. My husband and I with our three children (ages 4, 6, and 9) came to Fairfield Glade Resort on vacation and fell in love with the area. We decided the natural beauty, friendly people, and low stressful lifestyle was what we all needed so we moved to Crossville.

We love the outdoors and nature, so we explored the many state parks and national parks and loved them all. Eighteen years ago, when our youngest child went to live in a college dorm, we became “empty nesters.” I had dedicated all my free time to the activities the children were interested in and enjoyed being involved with the children. When my free time was not driven by the children anymore, I thought to myself “What would I like to do for myself?” I love the outdoors and nature, so I decided I would like day hiking. I searched online and found the Tennessee Trails Association Plateau Chapter and signed up for a hike. I loved the hike and the people. Most of their hikes were on Wednesdays, so I got my work schedule changed to four 10-hour days with Wednesdays off, and I hiked every Wednesday and Saturday I could. My boss and coworkers noticed how fresh and de-stressed I was when I returned to work on Thursdays. The hikes were exactly what I needed. Not only did I get physical exercise, but I was de-stressed, and the hikers became my closest friends. Unfortunately, a few years ago I received a promotion that would not allow me to have Wednesdays off, so I could only do the Saturday hikes. I look forward to retiring in a couple of years, and I will get the Wednesday hikes back.

After a year with the chapter, I was asked to be the Chapter Chair and served that role for 8 years. This is the final year of my two terms allowed to serve on the TTA Board, so the nominating committee will be searching for a new Membership Director. I will train that person on the membership database and the various tasks and continue to support them as needed. I have enjoyed serving TTA in this role giving me the opportunity to give back to the great hiking organization that has given so much to me. I have also enjoyed interacting with all the members. Thank you all for giving me that opportunity! I was blessed in discovering Tennessee Trails Association and all the people in it!

Newsletter Announcement

In the past, TTA has mailed printed copies of the monthly newsletter to those members who requested it. However, the cost of printing and mailing these newsletters has risen to the point that it now consumes 40% of TTA's total expenses and requires significant work to prepare them for mailing.

With that in mind, the Board has decided that **beginning with the May 2023 edition the newsletter will be exclusively electronic. A pdf will be distributed by email; it will also be available in the Member section of the website.** Funds previously budgeted for printing and mailing can then be dedicated to other efforts such as maintaining and enhancing the website, implementing marketing efforts to increase our membership, and providing support to the Chapters.

Please make sure that your email address is up to date, so you don't miss any issues. If you have any questions, please contact your Chapter Chair

TTA Life Memberships

We have two new TTA Life Memberships from the West Tennessee Region. New Life Members are **Janet Sheahan** of the Memphis chapter and **Vinay Sood** of the Jackson chapter. TTA appreciates the Life Members and their support of the development and maintenance of hiking trails across Tennessee. Consider becoming a Life Member so your membership will always remain current.

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

Updating Your Member Profile and Email Account

Beginning with the May issue, TTA newsletters will be sent exclusively by email. It is critical that you check your member account information.

LAPTOP

- ☐ Go to tennesseetrails.org
- ☐ Click on the **"LOGIN"** button in the upper right.
- ☐ Enter your username and password and click **"Log In."** *
- ☐ Once logged in, hover over **"ACCOUNT"** in the upper right. Select **"ACCOUNT"** from the drop-down menu.
- ☐ Make sure your preferred email is entered and make any other necessary updates. Scroll down and click **"Save Profile."**

PHONE

- ☐ Go to tennesseetrails.org
- ☐ Click on the **Menu** button in the upper right and select **"LOGIN."**
- ☐ Enter your username and password and click **"Log In."** *
- ☐ Once logged in, click on the Menu button in the upper right and select **"ACCOUNT."**
- ☐ Make sure your preferred email is entered and make any other necessary updates. Scroll down and click **"Save Profile."**

** If you don't remember your username, check with your chapter chair. If you don't remember your password, click **"Forgot Password"** to reset it and check your email inbox (or spam folder) for the change password link.*

If you need help, please contact our Membership Director, Cheryl Heckler at ttamembership68@tennesseetrails.org.

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.

Saturday, April 1 - Two Hikes: Mousetail Landing State Park Scenic Trail. 2.5-mile lollypop, easy. It is a pretty trail on natural turf through the woods. There are some views of the Tennessee River and there is a restroom at the trailhead. Next, we will eat lunch and drive 11 miles to **Lady Finger Bluff trail which is 2.3 miles out and back, difficult due to short steep sections.** The trail is on natural turf through the woods. Trekking poles are recommended. Hopefully, we will see lots of wildflowers. We will hike along the Tennessee River, around a cove, and back to Lady Finger Bluff where there is an outstanding panoramic view of the river. Meet at 8:00 A.M. CDT at Big Lots Parking Lot on Riverside Drive. ≈90 miles to the trailhead. Contact Paul Schwab at 931-801-9484.

Wednesday, April 5 - Cumberland River Bicentennial Trail Eagle Pass Section. 5.5 total miles, moderate due to length. The trail is level with a compacted gravel surface. It passes through Dyson Ditch Wildlife Refuge and ends near Cheatham Dam Right Bank. We will eat lunch there on picnic tables and return to the trailhead. Dogs are welcome if on a leash. There is a porta potty at the trailhead. Meet at 9:00 A.M. CDT Madison Street Food Line parking lot, Clarksville. ≈18 miles to the trailhead. Contact Suva Bastin at 931-645-2849.

Saturday, April 15 - Sewanee Domain. 5.5 miles, moderate. We start hiking at Green's View and make a clockwise loop using part of the Perimeter Trail and Beckwith's Point Trail. We will also take an out-and-back detour to Piney Point where we will eat lunch. The trail is on natural turf through the woods. We will see panoramic views of the western Highland Rim, a small, picturesque waterfall, and hopefully lots of wildflowers. If we wish, we can drive through the beautiful University of the South's Campus, visit the 'All Saints' Chapel, and see the Memorial Cross where there is another panoramic view. Meet at 8:00 A.M. CDT at the new Exit 11 Park and Ride. ≈129 miles to the trailhead. Contact Paul Schwab at 931-801-9484.

Tuesday, April 18 - Monthly Chapter Meeting. Meet at 6:00 P.M. CDT, at Wade Bourne Nature Center, 2308 Rotary Park Dr, Clarksville. Two volunteers will provide snacks for everyone. Bring your own drinks. Contact Paula Sanders 954-993-5541 or Suva Bastin 931-645-2849.

Saturday, April 22 - Earth Day. Pick up litter on some of the trails at Rotary Park. Bring a garbage bag. We will eat lunch after the cleanup at the Amphitheater. Meet at 8:00 A.M. CDT at the Amphitheater parking lot. The entrance to the Amphitheater parking lot is on E. Old Ashland City Road; Contact Ed Oliver at 931-561-9946.

Saturday, April 29 - Cumberland River Bicentennial Trail Paved Section. 7.4 total miles out and back, easy except for distance. The trail surface is asphalt and 95 % level. There are views of the Cumberland River and Sycamore Creek. We cross the creek on a safe, overhead suspension bridge. We will pass several picturesque bluffs and hopefully see lots of wildflowers. We will eat lunch at a picnic table where we turn around. There is a porta potty there and at the trailhead. Meet at 8:00 A.M. CDT, Madison Street Food Lion parking lot, Clarksville. ≈23 miles to trail head; Contact: Suva Bastin 931-645-2849.

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
ttacolumbiiahikes68@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.

Saturday, April 1 – Short Springs State Natural Area Wildflower and Waterfall Hike, Tullahoma. 4 miles, moderate due to eroded and rough terrain. This is a joint hike with the Highland Rim Chapter The estimated time is ~four hours. This will allow time for admiring the numerous waterfalls and wildflowers. Meet at 8:00 A.M. CDT in the parking lot, 2250 Short Springs Road, Tullahoma. We will hike the Busby Falls Trail, Laurel Bluff Trail, Adams Falls Trail, and the Wildflower Loop and visit Machine Falls. Bring water and snacks. You will need sturdy hiking boots and hiking sticks. After our hike, we will go to lunch in downtown Tullahoma. The Columbia/Franklin chapter will have to meet at Tollgate at 6:30 A.M. in order to meet the Highland Rim members at 8:00 A.M. Parking is at a premium in this state's natural area, so we must be there early. There are not many parking spaces, and Joan Hartvigsen states that the spaces will not be available after ~8:30 A.M. If you prefer to meet us at the Short Springs Area trailhead, please register with Joan Hartvigsen, at jhartvigs@comcast.net or 931-636-2914.

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Columbia/Franklin Chapter, continued

Saturday, April 22 – Trails & Trillium. This hike is an annual event. If anyone wishes to carpool to attend, please let me know, and I will contact the chapter for you. It is not a Columbia/Franklin chapter event. Trails & Trillium is a weekend-long naturalist rally put on by the Friends of South Cumberland State Parks and sponsored by Lodge Cast Iron. Headquartered at the Beersheba Springs Assembly in Beersheba Springs, TN, the festival offers a slate of guided hikes and nature-themed presentations and workshops. A native plant tent is one of the primary vendors, along with other unique crafters. All events are initiated at Beersheba Springs Assembly. Go to the website to register or check out the Friends of South Cumberland State Parks online for further information.

Saturday, April 29 – Stillhouse Hollow Falls – Annual Maintenance and Cleanup. Please be prepared to spend the morning combing the trail for trash/garbage. You will need to bring at least one trash bag with you, and we would recommend that you wear gloves for the cleanup. This state's natural area is the responsibility of the Columbia/Franklin chapter. Please help us on April 29. We will meet at Kroger Store at 8:15 A.M. at 845 Nashville Hwy, Columbia, TN 38401.

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, April 1 - Hike River Bluff Trail, Norris Dam. 3 miles, moderate. We will park at the trailhead on Dabney Road and hike the lower section of the trail along Norris River, less than two miles each way. The walk along the river is relatively flat. Where we will turn around the trail goes up the bluff to make a loop. Some may want to walk the loop. We recommend sturdy hiking shoes, other appropriate clothing, a snack, something to drink, and a camera. We will meet at Ingles Market, 215 Cedar Lane in North Knoxville, leaving at 9:15 A.M. You may meet us at the southeast end of the Walmart parking lot at the I-75 / State 61 intersection near Norris, leaving there at 9:45 A.M. Round trip distance from Ingles, 44 miles, and from Wal-Mart, 8 miles. For carpooling, the suggested rate is 10 cents per mile. If you want to meet us at the trailhead, take I-75N to exit 122; turn right on TN-61; about 1.4 miles turn left onto US 441 and proceed across the dam; turn left onto Dabney Road the first road on the left after the second hairpin turn, staying left, going downhill, to the parking area.

After the hike, plan on stopping on the way back for a meal and refreshments. For specific information about the hike, please call Tom at 865-588-5622, leave a message, or send an email to cressler@utk.edu.

Saturday, April 8 - Hike Shady Brook Farm Horse Ranch, Kingston. Our planned hike will be a moderate one along the many well-groomed horse trails (promise-no horse poop and trails are not muddy) by special permission at the beautiful Shady Brook Farm Horse Ranch. Perfect for a Spring Day, hopefully with a showing of wildflowers. Over 400 acres of woodlands crisscrossed with over 11 miles of rolling trails await our enjoyment. Hike distance and difficulty will be adjusted to meet the wishes of the hikers. The very interesting history of this area will be discussed as we hike. The weather is variable; we recommend hiking poles, 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. Meet at the trailhead at 9:00 A.M. Trailhead is at 148 Shady Brook Lane, Kingston. Exit I-40 at Kingston, drive south on Hwy 58 through Kingston, and over the lake. At top of the hill, turn right into Hwy 304 (River Road) and drive 4 miles. Turn left onto Shady Brook Lane, follow gravel and asphalt drive, and park near the silos. For additional information about the hike, please contact Lloyd Chapman before April 8th at 865-719-3759, leave a message, or send an email to lrchapman6667@yahoo.com. For those who want to carpool, we will meet at Denny's Restaurant, Watt Road Exit off I-75 South, and leave there at 8:20 A.M. The round-trip distance is about 50 miles, .10 x 50 = \$5.00.

Saturday, April 22 - Hike Norris Watershed. 5 miles, moderate. Explore the scenic Norris Watershed. The hike goes by the Clear Creek spring that's the source of water for the town of Norris and then goes up a series of trails that lead to High Point, the watershed's peak elevation. The route then goes downhill via Upper White Pine Trail and Raccoon Run Trail to its connection with Hi Point Trail. The weather is variable; we recommend hiking poles, 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. Meet at 9:15 A.M. in front of Norris Middle School near the town center. We'll caravan to Lower Clear Creek Road, drive about a mile down it, and park behind the town's water treatment plant and water tower. For more information, contact trip leader Bob Fowler at 865-315-2266. A map of the Watershed is available online at: <https://www.outragegis.com/trails/2016/05/15/norris-watershed-trail-map/>

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

Saturday, April 1 – Short Springs State Natural Area Wildflower and Waterfall Hike, Tullahoma. Four miles, moderate due to very eroded, rough terrain. Joint hike with Columbia/Franklin Chapter. The estimated time is about four hours to allow for admiring the numerous waterfalls and wildflowers. Meet at 8 A.M. CDT in the parking lot, 2250 Short Springs Road, Tullahoma. Register with Joan Hartvigsen, at jhartvigs@comcast.net or 931-636-2914. We will hike the Busby Falls Trail, Laurel Bluff Trail, Adams Falls Trail, and the Wildflower Loop and visit Machine Falls. Bring water and snacks. You will need sturdy hiking boots and hiking sticks. After our hike, we will go to lunch in downtown Tullahoma.

Tuesday, April 4 – Walls of Jericho and Mill Creek Loop. 8 miles rated challenging due to rocky terrain and elevation. We'll hike the lightly traveled trail from the Tennessee trailhead down into the Hurricane Creek Watershed, and beyond into the Walls of Jericho gorge where the canyon walls will shoot up around us before opening upon a series of impressive waterfalls and a water tunnel. Some rock scrambling will be required to view all the water features. We'll head back via the Mill Creek loop where we'll take a short steep spur down to Mill Creek and an impressive blowhole spring that feeds into the creek. Wildflowers should be abundant, particularly on the initial descent and along the Hurricane Creek flats. Bring lunch, plenty of water, sturdy hiking boots, and poles. We will meet at 9 A.M. CDT at the Walls of Jericho Tennessee Trailhead near Belvidere, TN. To register or for more information contact Jim Barritt, at jsbarritt@gmail.com or 931-492-3212.

Tuesday, April 11 – Shakerag Hollow Wildflower Hike, Sewanee, TN. 2.8 miles out and back, moderate. Our hike leader and wildflower expert is Yolande Gottfried. Yolande is an Associate of the Sewanee Herbarium. She has a master's degree in Ecology with a focus on Botany. Meet at 10 A.M. at the Shakerag Hollow Trailhead on US Hwy 41A. Please register with Joan Hartvigsen, jhartvigs@comcast.net, or 931-636-2914. Shakerag Hollow is known as one of the best places in the South Cumberland region to see a virtual cornucopia of spring wildflowers. We will pass by waterfalls, bluffs, creeks, and waterfalls. Bring lunch and water. You will need hiking boots and hiking sticks.

Friday-Sunday, April 14-16. Frozen Head State Park. Camping and Hiking. Joint event with the Murfreesboro Chapter. Friday's hike is an easy 4-mile. We will hike Judge Branch and Interpretive Trails to see an abundance of wildflowers. **Saturday's hike is 7.5 miles, 1,800 ft elevation gain, rated moderate.** We will hike the Panther Branch Trail to North Old Mac Trail to W. Lookout Tower Trail to Lookout Tower. We will then return to South Old Mac Trail. On Sunday after breaking up camp and on our way home, we will explore the Obed Wild and Scenic River north of Wartburg and in nearby Lancing. We will hike the Point Trail, a moderate 4.0-mile there-and-back trail from the picnic area. The hike starts above Clear Creek, and when reaching The Point, we will see the confluence of the Obed River and Clear Creek. Camping is Friday and Saturday nights at Flat Fork Tent Group Campsite. To reserve your spot, please register with Joan Hartvigsen at 931-636-2914 or jhartvigs@comcast.net. There is the option of staying at the Scenic River Inn Motel in Wartburg.

Saturday, April 15 – Frozen Head State Park, Wartburg, TN. Waterfall and Mountain Vistas Hike. Joint hike with the Murfreesboro Chapter and Scenic City Chapters. 7.5 miles, moderate. We will hike Panther Branch Trail to North Old Mac Trail to W. Lookout Tower Trail to Lookout Tower. We will then return on South Old Mac Trail and Old Mac Trail. 1,800 ft elevation gain. We will visit DeBord Falls and enjoy wildflowers and mountain vistas. We will hike to the highest point on the Cumberland Plateau, Frozen Head Mountain, at 3,324 ft. From the tower, we will see the Smoky Mountains, Cumberland Plateau, the Tennessee River Valley, and Wind Farms. Meet at the Panther Branch Trailhead at 9:30 A.M. ET. Please register with Joan Hartvigsen, jhartvigs@comcast.net, or 931-636-2914. There is the option of camping Friday and Saturday nights at Flat Fork Tent Group Campsite. Contact Joan for a space in the group campsite.

Friday-Sunday, April 21-23 - Trails and Trilliums Festival, Beersheba, TN. It is an annual event hosted by the Friends of South Cumberland and features many events concerning trails, wildflowers, lectures, and plant sales. There will be 60 - 70 hikes in the Monteagle/Beersheba Springs/Sewanee area. All information is on the website. Registration opens on Feb 12. www.trailsandtrilliums.org Marietta Poteet, nannietta@benlomand.net

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Highland Rim Chapter continued

Monday, April 24 – Chapter Meeting, 7 P.M., D.W. Wilson Community Center, 501 N. Collins Street, Tullahoma. Program to be announced. Dinner at 5:30 P.M. at La Fiesta Bar & Grill, 1410 N. Jackson Street. Tullahoma. Contact Patty Deen to let her know you are coming: pdeen@palomar.edu or 760-703-8115.

Saturday, April 29 – Short Springs State Natural Area Workday. Meet at 8:00 A.M. in the parking lot, 2250 Short Springs Road, Tullahoma, TN. Tasks include ditching, cutting away deadfall, cutting away tripping roots, and adding a few stones to wet areas. Please register with Joan Hartvigsen, jhartvigs@comcast.net, or 931-636-2914. Wear sturdy hiking boots and work gloves. Bring water. Needed tools include mattocks and chainsaws.

May 22-25 – Kayaking Watauga Lake. Camping at Cardens Bluff Campground on Watauga Lake, Hampton, TN. Joint activity with Murfreesboro Chapter. Appalachian Trail hike from Carver's Gap to Round Bald, Jane Bald, Grassy Ridge Bald, and return. Five miles out and back. 1,200 ft elevation change. Hike to Laurel Fork Gorge and Falls on the Appalachian Trail, 5 miles round trip. We may visit Hampton Creek Cove State Natural Area. TTA Evan Means Grant funded directional signs for Hampton Creek Cove. At Hampton Creek Cove we will hike the Entrance Trail, the Shell Hollow Trail, the Birchfield Trail, and the return section of the Overmountain Victory Trail. Six miles, elevation change 1,329 ft. Register with Joan Hartvigsen, at jhartvigs@comcast.net or 931-636-2914. Bring your kayaks!!

July 17-July 20 – Red River Gorge Geological Area, Slade, Kentucky. Camping in Natural Bridge State Park. Joint activity with Murfreesboro Chapter. The park has a lodge for those who do not camp. Hikes include The Original Trail, The Rough Trail, Grays Arch Courthouse Rock, and Auxier Ridge. So many trails, and so little time. Contact Joan Hartvigsen, at jhartvigs@comcast.net or 931-636-2914

July 31-August 3 – Cataloochee Group Campsite, Great Smoky Mountains National Park. Hikes TBA. Possible hikes: Cataloochee Divide Trail, Caldwell Fork and Boogerman Trails, Rough Fork, Caldwell Fork, and Big Fork Ridge Trails. Joint activity with the Murfreesboro Chapter. Contact Joan Hartvigsen, at jhartvigs@comcast.net or 931-636-2914.

Thursday-Sunday, October 19-23 – Natchez Trace State Park, Wildersville, TN. Cub Lake Campground Two, Group Site 3. TTA Annual Meeting. Contact Joan Hartvigsen for a spot in the group campsite, 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, April 15 - Stillhouse Falls and Meriwether Lewis Loop Trail. 1.3 miles, easy and 4.8, moderate. The first stop of the day will be Stillhouse Falls State Natural Area (SNA). Hike starts in the parking area at 9:30 A.M. The trail is "in & out" 1.3 miles, rated easy and leads to the base of a 75 ft waterfall. After the SNA, we drive 22 minutes to Meriwether Lewis National Monument Park for a 4.8-mile loop hike. The hike goes along the Little Swan Creek Trail. Following the hike, we will eat lunch at the Junkyard Dog Cafe in nearby Hohenwald. If you are interested in carpooling from Jackson, meet at Panera Bread at 7 A.M. Please register with Melinda Pearson at 731-225-4293 or hurstme@bellsouth.net by April 14 at 5:00 P.M.

Saturday, April 29 – Alum Cave Trail to the summit of Mount LeConte. Jeff Chambers will lead an 11-mile "in & out" hike on the Alum Cave Trail to the summit of Mount LeConte and return. The trail is rated strenuous due to distance, elevation change, and rocky conditions. Meet at the Alum Cave Bluffs Trailhead Parking lot (on US 441 headed east out of Gatlinburg), no later than 8:30 a.m. to start the hike. Carpooling to the trailhead parking lot is recommended, as space is limited. You must register for this hike by contacting Jeff at chambers.jeffreyb@gmail.com or by text at 731.431.1538.

MEMPHIS CHAPTER

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

Saturday, April 1 - Big River Crossing. 6 miles, moderate hike with flat elevations. We will hike over the pedestrian bridge across the Mississippi River to the Arkansas side and hike on the north side of the bridge. We will follow paved trails that parallel the Mississippi River with great views of the river and downtown Memphis. We will be in an open area so dress in appropriate gear for the sun, wind, or rain. Bring water and snacks. Registration is required at which time you will receive a start time. Contact: Karen Thomas: at karenggoff@hotmail.com or text (901) 496-6749.

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Memphis Chapter continued

Saturday, April 8 - International Harvester Managerial Park, Lakeland, TN. 4 miles. The park is located adjacent to the Lakeland Senior Center on the west side of Canada Rd. between I-40 and Hwy 70 at 4523 Canada Rd. Allow 2.5 hours for the hike. We will hike mostly through bottomland forest but there are some moderately strenuous elevation changes in the beginning and at the end. There is one shallow water crossing. Be prepared for mud if we have recent rain. Bring water and snacks. Heavy rain and the threat of severe weather will cancel. Registration is not required but let the hike leader know you plan to hike. The hike begins at 9:00 A.M. so arrive early for announcements.

Contact: Marion Quinlen: (901) 482-8640 or mquinlen@gmail.com

Saturday, April 15 - Pinecrest Camp and Retreat Center Hike and Picnic. 5 miles, easy to moderate.

The wooded and open trails on the campus are easy to moderate, mostly flat with some hills with an approximate climb of 50-70 feet. Some trails are wider while some are narrower and can be rugged to smooth. Boots, water, and snacks are recommended. Bring your own picnic lunch and drink for our annual TTA picnic. Registration for the hike is required at which time you will receive the meeting location and start time. Contact for the hike: Janet Sheahan: janet.n.sheahan@gmail.com

Contact for the picnic: Marion Quinlen: (901) 482-8640 or mquinlen@gmail.com

Saturday, April 22 - Meeman Shelby Forest - Woodland Trail. 4 miles, strenuous.

Meet at the parking lot next to the restrooms past the Visitor Center but a short distance to the trailhead. There are 5 steep hills and two possible stream crossings on this trail which is considered strenuous. Plan to hike for 2.5 - 3 hours.

Hiking boots and poles, plenty of water, and a snack are suggested. Registration is required at which time you will receive a start time. Registration deadline: Thursday, April 20 at noon.

Contact: Lynne Witherington - withlynne@aol.com - No texts.

Friday – Sunday, April 28-30 - North Sylamore Creek near Blanchard Springs, AR

REGISTRATION IS REQUIRED. This trip includes three days of hiking: Friday afternoon, Saturday, and Sunday.

Friday's hike will be on the extended Mirror Lake Trail at the Blanchard Springs Recreations Area. This easy approximately 2.5-mile hike passes by the foundations of the Blanchard Springs Mill, Mirror Lake, and follows Spring Creek to Blanchard Springs, then returns via the trail on the opposite side of Mirror Lake and the elevated boardwalk. Saturday's route will be a moderately strenuous hike from the Gunner Pool Trailhead to Blanchard Springs (about 5 miles).

A longer option for this hike will continue from Blanchard Springs Trailhead toward the Allison Trailhead (up to 4.5 more miles). If the water crossing near the Allison Trailhead is knee-deep or more due to recent rain, the longer option will be modified to an out-and-back from/to Blanchard Springs. Sunday's moderately strenuous hike will be from the Barkshed Trailhead to Gunner Pool Recreation Area (about 4.5 miles). The hikes on Saturday and Sunday will generally follow Sylamore Creek with nice views of the creek, surrounding bluffs, and hollows. Be prepared for several moderate climbs/descents on Saturday and Sunday. Rain before or during the hikes will make some rocky areas and shallow feeder creek crossings slippery so hiking poles or staff may be helpful. Registration is required by April 21. Meeting points and times and answers to any questions will be provided by email. Contact: David Evans - advmoto57@comcast.net.

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

Thursday, April 6 – Sewanee Perimeter Trail. Sewanee.

6.2 miles rated moderate. Starting at the east gate at the University of the South, we'll hike from Shakerag Hollow to Green's View and back via the Beckwith Point trail.

Shakerag Hollow is one of the best wildflower hikes in the southeast. The hike is easy in many areas, and rocky in others. There is a steep climb out of the gorge near Green's View. Because of the rocky portions, poles and boots are recommended. Bring water, snacks, and lunch. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarapollard@gmail.com.

Tuesday, April 11 – Chapter Meeting – 7:00 P.M. CT.

Barfield Crescent Park Wilderness Station. For more information contact Chapter Co-Chair Jeanne Conatser at djconatser@comcast.net.

Murfreesboro Chapter continued

Friday-Sunday, April 14-16. Frozen Head State Park. Camping and Hiking. 4 miles, moderate. Joint event with the Highland Rim chapter. Friday's hike is on the Judge Branch and Interpretive Trails, and we hope to see an abundance of wildflowers. Saturday's hike is 7.5 miles rated moderate. We will hike the Panther Branch Trail to North Old Mac Trail to W. Lookout Tower Trail to the Lookout Tower. We will then return to South Old Mac Trail. On Sunday after breaking up camp and on our way home, we will explore the Obed Wild and Scenic River north of Wartburg and in nearby Lancing. We will hike the Point Trail, a moderate 4.0-mile there-and-back trail from the picnic area. The hike starts above Clear Creek, and when reaching The Point, we will see the confluence of the Obed River and Clear Creek. Camping is Friday and Saturday nights at Flat Fork Tent Group Campsite. To reserve your spot, please register with Joan Hartvigsen at 931-636-2914 or jhartvigs@comcast.net

Saturday, April 15 – Frozen Head State Park. 7.5 miles rated moderate. Joint hike with the Highland Rim chapter. We will hike the Panther Branch Trail to North Old Mac Trail to W. Lookout Tower Trail to the Lookout Tower. We will then return to South Old Mac Trail. Elevation gain is 1,800 ft, and we will visit Debord Falls and enjoy seeing wildflowers along the way. From the tower, we will see the Smoky Mountains, the Tennessee River Valley, and Wind Farms. Frozen Head Mountain is the highest point on the Cumberland Plateau at 3,324 ft. Meet at the Panther Branch Trailhead at 9:30 A.M. ET. Bring water, snacks, and lunch. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Saturday, April 15 – Burgess Falls State Park. 1.8 miles rated moderate. We will hike the River and Ridge Top Trails that go past four waterfalls on the Falling Water River. There are beautiful views down the main canyon of the Falling Water River. Burgess Falls State Park is located near Cookeville. Meet at the trailhead at 10:00 A.M. CT. For more information or to sign up, contact Jeanne Conatser at 615-971-8894 or djconatser@comcast.net.

Thursday, April 27 – 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: See the TTA website Calendar"

Karl Dupre Memorial Hike, Hidden Lakes Park, Harpeth River State Park, Nashville, TN. Date to be determined and posted on the TTA web site. Karl Dupre, TTA member and friend, had a fatal hiking accident on March 4. He was doing what he loved with a good friend. We will miss him. Please check the TTA website for the date, time, and other details about this hike to honor Karl and celebrate his life. Text Doug Burroughs at 615-587-0085 with any questions.

Every Wednesday -- Radnor Lake Standing Hike (April 5, 12, 19, 26), 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 7A.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 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.

Sunday, April 16 -- Washmorgan Hollow State Natural Area & more (wildflowers), near Cookeville, TN. Final itinerary and length to be determined. Moderate to strenuous. This unique natural area offers a huge variety of spring ephemeral wildflowers and even the roadsides along the way offer their own displays. The out-and-back trail follows a stream bed to a lovely waterfall. We may also visit nearby private land featuring more wildflowers and waterfalls. Finally, we'll stop at The Boils Wildlife Management Area to check out its unique geologic feature. The strenuous segment is short and optional. We'll travel at a pace that allows us to appreciate the natural beauty around us. Depending on water levels the trails can involve numerous shallow crossings, so you're encouraged to bring water shoes. Bring plenty of water and snacks and pack a lunch. Register with Mark for details and updates: midtn@tnhiker.net (615) 669-3221. The date for inclement weather is Sunday, April 23rd.

Continued on the next page

Nashville Chapter continued

Friday, April 21 - Collins Gulf Wildflowers & Waterfalls, in South Cumberland State Park near Gruetli-Laager, TN. 5-6 miles, moderately strenuous for terrain and elevation change. We'll hike from the Collins Gulf trailhead past Suter Falls and down to Horsepound Falls. We'll travel at a pace that allows us to appreciate the natural beauty around us. Bring plenty of water and snacks and pack a lunch. RSVP for details and updates. Register with Mark for details and updates: midtn@tnhiker.net (615) 669-3221. Alternate date for inclement weather is Wednesday, April 26.

Saturday, April 29 - Twin Arches Loop, Big South Fork NRA, near Jamestown, TN. 5.5 miles. Rated Difficult due to distance and rocky trail conditions. From the Twin Arches trailhead on Divide Rd, we'll hike the 0.7-mile connector to the Twin Arches Loop. On the Loop, we will pass the Twin Arches, the largest natural bridge complex in Tennessee, Charit Creek Lodge, and the abandoned Jake's Place homestead. Options for dinner on the way back to Nashville. Contact Doug Burroughs at 615-587-0085 (please leave a message) or dougburroughs@tennessee.usa.com.

Tuesday, April 25 - Nashville Chapter Meeting, REI Brentwood, TN, 6 P.M. Nora Beck will present our program. We're all familiar with hike-a-thons that raise money for nonprofits and causes. But there are some other interesting ways to contribute to good causes when you're out on the trail. With your smartphone, you can contribute to an international database that uses your observations to understand populations and habitats. We'll talk about how to use iNaturalist and ebird, other apps, and other tools to enhance your hiking experience and contribute to science at the same time. Join us for dinner prior to the meeting at Jason's Deli, next door to REI, at 5:00. Call or text Libby, at 615-319-7501 for details.

Planning Ahead:

June 2 -- Next TTA volunteer day at Beaman Park, Ashland City, TN. 9:30-11:30 A.M. Meet at 9:30 A.M. at the Beaman Park Nature Center. Activities include invasive removal, trail rehab, or whatever the ranger needs. Please consider helping and please contact Wendy Fish: at 4fishies@comcast.net or 615-268-4586.

Other 2023 Beaman Park volunteer days are Sept 8 and Dec 1.

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/>**

PLATEAU CHAPTER INTRODUCING "WALK IN THE WOODS"

The TTA Plateau Chapter hikers are adding new Cumberland County, walk at your pace, hikes that are typically one to three miles in length. If you have participated in the annual Cumberland County Marathon at any time, you will know these trails located in and around Crossville. One of the Chapter members will lead each hike. These walks/hikes are designed for beginners and folks who don't have a lot of time to travel to distant trails, or folks who want to get outdoors for the exercise. Walking on trails is much kinder on knee and hip joints than walking on hard pavement. All our hikes can be found in the Chronicle Scene Section calendar, on our website <https://tennesseetrails.org/chapters/plateau-chapter/> or on Facebook Group page: TTA PLATEAU CHAPTER CROSSVILLE. We look forward to Walking in the Woods with you.

Wednesday, April 5 - BSFNRA John Litton Farm Loop, Jamestown, TN. , TN. Long Hike: 7 miles, easy to moderate hike. Short Hike: 4.2 miles, easy to moderate loop. Joint hike with Upper Cumberland Chapter. The John Litton loop has some small waterfalls and some rock formations along the way. The trail is named for John Litton who settled in the area around 1900, and his dwelling and outbuildings are still standing. The hike is rated moderate. Short car shuttle. Depart at 7:30 A.M. CT from the Crossville Cracker Barrel rear parking lot. Don't forget tick/bug spray and sunscreen. Bring water (electrolytes), lunch, and snacks. The Carpool gas fee is \$6.00.

Saturday, April 8 - Standing Stone State Park Wildflower Hike, Hilham, TN. 5-mile loop, easy to moderate. Joint hike with Upper Cumberland Chapter. This will be a 5-mile loop around the lake to see an array of wildflowers. Don't forget tick/bug spray and sunscreen. Bring water (electrolytes), lunch, and snacks. Depart at 7:30 A.M. central from the Crossville Cracker Barrel, North Main St, rear Southwest parking lot. Gas cost \$6. For additional information contact Cheryl Heckler, by text/or call at 931-200-7436.

Continued on the next page

Plateau Chapter continued

Wednesday, April 12 - CT Brady Mountain Jewitt Rd TH to Head of Sequachie (HOS), Pikeville, TN. Long Hike: 6 mi moderate to strenuous over Hinch Mountain down to HOS. **Short Hike:** 4 mi moderate to strenuous in/out. **Joint hike with Upper Cumberland Chapter** Requires an 8 mi shuttle drive. Don't forget tick/bug spray and sunscreen. Bring water (electrolytes), lunch, and snacks. Depart at 7:30 A.M. central from Central Baptist Church, South Main St in Crossville. Carpool gas cost \$3. For additional information contact the hike leader, Deb, by text/call 931-267-2243 or email at tplateauhikes68@tennesseetrails.org.

Thursday, April 13 - Plateau Chapter Meeting. Guest speaker Savannah Keaton, CTC Executive Director, will give us an update on the construction of the Cumberland Trail. Also, Judy Fries will share photos of our Washington trip last year. The 6 P.M. meeting is held at the First United Methodist Church Annex 69, Neecham St. We will meet for dinner at Nicoletta's Cafe Napoli, Woodmere Mall, Crossville at 4:30 P.M. The meeting will start at 6:00 P.M. at the church annex. Please email or text Bill at ttachairperson68@gmail.com at 931-335-9360 with your intent to join us for dinner.

Saturday, April 15 - CT Brady Mountain Jewitt Rd TH to HWY 68 TH, Grassy Cove, TN. Short Hike: 4 mi moderate in/out. **Long Hike:** 6 mi moderate to strenuous. **Joint hike with Upper Cumberland Chapter.** This hike is sometimes strenuous up and over Brady Mountain. Beautiful vista from the Brady overlook. Don't forget tick/bug spray and sunscreen. Bring water (electrolytes), lunch, and snacks. Depart 7:30 A.M. central from Central Baptist Church, South Main St in Crossville. Carpool gas cost \$2. For additional information contact the hike leader, Deb, by text/call at 931-267-2243 or email at tplateauhikes68@tennesseetrails.org.

Wednesday, April 19 - Colditz Cove and Gentleman's Swimming Hole, Rugby, TN. Joint hike with Upper Cumberland Chapter. Colditz Cove features a 1.5-mile loop to the 60 foot high Northrop Falls. A short drive brings us to the Gentleman's Swimming Hole in Rugby for an additional 2-mile hike plus .7 mi Laurel Branch Trail and .5 mi Beacon Hill Trail. We can also walk around historic Rugby. We'll eat lunch at the RM Brooks General Store. Depart Cracker Barrel at 7:30 A.M. CDST. Carpool gas cost \$6. After lunch we can walk across the old highway bridge trail 1 mi. Don't forget tick/bug spray and sunscreen. Pack water (electrolytes), and snacks. For additional information contact the hike coordinator email plateauhikes@tennesseetrails.org or text/call 931-267-2243.

Wednesday, April 26 - CT Frenchman's Grave TH to Bruce Gap TH, and Triple Falls Trail in Cove Lake State Park, Caryville, TN Long Hike: (5.74 mi) 3.84 mi thru hike moderate to strenuous on a short section of the CT plus a 1.9 mi moderate in/out hike to Triple Falls off Shelton Hollow Lane. **Short Hike:** 3.84 mi on the CT. **Joint hike with Upper Cumberland Chapter.** The CT hike will require a 20-minute car shuttle. Don't forget tick/bug spray and sunscreen. Bring water (electrolytes), lunch, and snacks. Depart at 7:30 A.M. central from Dorton United Methodist Church, 3405 HWY 70 East in Crossville. Carpool gas cost \$8. For additional information contact the hike leader, Deb, by text/call at 931-267-2243 or email at tplateauhikes68@tennesseetrails.org.

Friday – Sunday, April 28 -30. GSMNP Backpacking Abrams Creek. Three-day backpacking adventure in the Abrams Creek area of the Great Smoky Mountains National Park. On April 28, travel to Abrams Creek Ranger Station and trailhead in the morning, and hike approximately 3.7 miles to camp site #2. Afternoon option to hike remainder of Cane Creek Trail. On April 29, hike about 14 miles on Cooper Road Trail, Adrams Creek Trail and Little Bottoms Trail to camp site #17. There is an option to significantly shorten the hike using Hatcher Mtn Trail. Hike out to trailhead on April 30. There is a backcountry camping fee of \$8/person/night. Also, there is a parking fee of \$5 per night for each vehicle at the trailhead. Sign up with John Wigington, wigingtons@att.net or 931.787.0382

Newsletter Deadlines:

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

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

Please send all submissions to:
tteaeditor68@tennesseetrails.org

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

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

Saturday, April 1 - Cumberland Trail: Rock Creek Loop, with a spur or two. 6.5 miles, moderate, elevation gain 1100'. This is a lollypop trail starting along Rock Creek, ascending to the Cumberland Plateau for two great views, and descending back to Rock Creek. Spring flowers are a distinct possibility. Check the weather forecast and put on appropriate layers; wear hiking shoes or boots; bring snacks and/or lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, flashlight/headlamp, and insect repellent as needed. 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 Tom McElhone, 805-208-4654 or sarmitta@yahoo.com. Carpool Cost: \$4.

Tuesday, April 4 - Reflection Riding: Various trails form a loop. 3-5 miles, easy. Reflection Riding is an inspiring combination of parks, meadows, swamps, nature centers, wildlife rehabilitation, and untamed woods. Our hike will start at the main parking lot and make a loop around the central part of Reflection Riding. Sights include Chief Walking Stick cabin, Resurrection Fern Rock, a pavilion, the Gazebo, millstones, and Oliver Freeman's Hollow, to say nothing of other attention grabbers such as the Cherokee Eye. We'll also be keeping an eye out for the invasive privet plant (scrawny and ugly), along with red wolves, lions, tigers, and bears. Check the weather forecast and put on appropriate layers; wear hiking shoes or boots; bring snacks and/or lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, flashlight/headlamp, and insect repellent as needed. Meet at the Reflection Riding parking lot by 8:30 A.M. ET. Please register with hike leader Will Latham, (704) 365-8889.

Saturday, April 8 - Sewanee Perimeter Trail: Roark's Cove Road to the Forestry Cabin. 6.2 miles, easy to moderate, out-and-back, with a 200' elevation gain. Roark's Cove Road in Sewanee is scenic and quiet with water often streaming from the top of the ridge, enhancing the beauty of our walk. We will access the Perimeter Trail from the road via a short climb that is rocky in places. The trail quickly turns into rolling terrain with a couple of minor creek crossings. We will take a side trip to KA Point, one of the prominent lookout spots on the Perimeter Trail, and then continue to the 50-year-old forestry cabin. The cabin sits on the edge of the bluff, well situated for a breathtaking view.

There are picnic tables and even a porch swing, perfect for stopping for lunch before we return to our cars. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring snacks and/or lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, flashlight/headlamp and insect repellent as needed. Limited parking is available. For carpooling/caravanning from Chattanooga, meet at the parking lot just after LaQuinta Inn, right (north) off I-24 Exit 175 at 8:30 A.M. ET. <https://bit.ly/3QITAD4> Please register with hike leader, Delores Ladd at 214-422-7206 (texts only) or ladddelores@gmail.com. The cost to carpool is \$5.

Tuesday, April 11 - South Cumberland SP: Collins Gulf to Horsepound Falls. 4.5 miles, out-and-back, moderate, elevation gain 866'. Come join us in search of wildflowers—they are almost guaranteed! We will hike to Horsepound Falls via the Collins Gulf trail, which is part of the Savage Gulf trail system. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring snacks and/or lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, flashlight/headlamp, and insect repellent as needed. For carpooling/caravanning, meet at the Durham Street parking lot (by ball fields) off Dayton Pike in Soddy-Daisy by 8:30 A.M. ET. <https://bit.ly/3Qjdc0S>. Please register with hike leaders Roy & Marti Owensby (423) 309-0579 or sewmarti@aol.com. Carpool gas cost: \$3.

Saturday, April 15 — Frozen Head State Park, Wartburg, TN: a string of trails. 7.5 miles, moderate, 1,800 ft elevation gain. Glorious wildflowers, waterfalls, and mountain vistas! We will hike Panther Branch Trail to North Old Mac Trail to W. Lookout Tower Trail to Lookout Tower. We will return on South Old Mac Trail and Old Mac Trail. Along the way, we'll see DeBord Falls and hike to Frozen Head Mountain, the highest point on the Cumberland Plateau at 3,324 ft. From the tower, we will see the Smoky Mountains, Cumberland Plateau, the Tennessee River Valley and Wind Farms. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring snacks and/or lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, flashlight/headlamp, and insect repellent as needed. Meet at the Panther Branch Trailhead at 9:30 A.M. ET. For carpooling/caravanning, meet at the Durham Street parking lot (ball fields) off Dayton Pike in Soddy-Daisy at 7:30 A.M. ET. **Repeat: Be at Durham Street no later than 7:30 A.M.** <https://bit.ly/3Qjdc0S> Carpool gas cost: \$5. Please register with Joan Hartvigsen, jhartvigs@comcast.net, or 931-636-2914. For hikers interested in the option of camping Friday and Saturday nights at Flat Fork Tent Group Campsite, please contact Joan for a space.

Scenic City Chapter continued

Tuesday, April 18 — Cloudland Canyon SP: Sitton Gulch Trail, Two-group option: 3 or 4 miles, moderate, out-and-back; or 8-10 miles, strenuous, out-and-back, elevation gain about 1500' – 2000'. The second group will continue hiking up to the top of Cloudland Canyon using an endless series of stairs, viewing two spectacular waterfalls along the way, then wander around the top and sides of the park, eventually returning to the trailhead. We'll all start out at the Sitton Gulch trailhead at the foot of Lookout Mountain. This popular trail travels alongside a glorious whitewater creek through lots of wildflowers (we hope), and up into a serious gulch with cliffs guarding both sides. The shorter hike will turn around at the bridge over a waterfall, which would be called impressive if it weren't for the two giant falls further up the trail. Check the weather forecast and choose appropriate layers; wear hiking shoes or boots; bring snacks and/or lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, flashlight/headlamp, and insect repellent as needed. For carpooling/caravanning, meet at the parking lot just after LaQuinta Inn, right (north) off I-24 Exit 175 at 8:30 A.M. ET. <https://bit.ly/3QITAD4> Please register with hike leader Carl Dumsday, at (423) 842-5843 or cdumsday@outlook.com. Specify whether you want the shorter or longer hike. Carpool cost: \$2.

Saturday, April 22 - Alabama: Walls of Jericho. 8.1 miles, out-and-back, difficult due to a long, repeat long, uphill on the way back. This trail takes us to a unique and fascinating set of waterfalls in the midst of "walls," multiple cliffs barricading the creek and separated by long stretches of flat rock speckled with drops of hardened lava. The big waterfall coming off the top plunges into a deep hole and disappears from sight, only to squirt out of another cliff not far below. Nothing seems to have tumbled down recently. Due to a creek crossing just below the falls, BRING WATER SHOES. Check the weather forecast and wear appropriate layers; wear hiking shoes or boots; bring snacks and/or lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, flashlight/headlamp, and insect repellent as needed. For carpooling/ caravanning, meet at the parking lot just after LaQuinta Inn, north off I-24 Exit 175 at 8 A.M. <https://bit.ly/3QITAD4> Please register with hike leader Betsy Darken, (423) 718-2060. Carpool cost: \$8.

Tuesday, April 25 - Lookout Mountain: Craven's House to Sunset Rock and back. Approximately 4 miles, moderate due to an elevation gain of 450-500 feet. There is an especially steep climb up to Sunset Rock. 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 onto Craven's House Trail and return to our vehicles. The views are great, Sunset Rock is cool, and

The cliffs are fascinating! Check the weather forecast and wear appropriate layers; wear hiking shoes or boots; bring snacks and/or lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, flashlight/headlamp, and insect repellent as needed. Meet at Craven's House parking lot at 8:30 A.M. ET. Please register with hike leader Dave Graham, (423) 315-7886

Saturday, April 29 - Cumberland Trail: Stinging Fork Falls Section. Approximately 6 miles, moderate/strenuous. There is a 1,679' elevation gain and short shuttle. We'll start hiking from the bottom at the Shut In Gap Road parking lot. We'll be entertained by the cascades of Soak Creek and Little Piney Creek as we do steep ascents and descents repeatedly, working our way up along rocky bluffs to Stinging Fork Falls. Despite its name, this waterfall is quite splendid! Check the weather forecast and wear appropriate layers; wear hiking shoes or boots; bring snacks and/or lunch along with more water than you think you need; and gather up hiking poles, rain jacket, sunscreen, flashlight/headlamp, and insect repellent as needed. 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 Tammy Hendrick at 315-949-8187. Gas cost: \$4.

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

Wednesday, April 12 - Winding Stairs. Lafayette, TN. 2 miles, moderate with difficult uneven footing in places. There are several small waterfalls and beautiful rock formations. The trail consists of some optional stairs and concrete trail but most of the trail is rock, dirt, and gravel with a creek crossing or two. Hiking boots, hiking poles, and water are recommended. If the group chooses, we will also hike the 1-mile Milk Jug trail. Those carpooling or caravanning, meet in Gallatin beside the Gallatin Chick-fil-A in front of Wal-Mart at 9:00 A.M. or meet at the trailhead, 655 Nature Trail Way, Lafayette, TN at 10:00 A.M. There are restrooms at the trailhead. If meeting at the trailhead or for additional information, contact Wayne Drown at wetdrown@bellsouth.net or call or text 803-646-0972.

Saturday, April 15 - Two Rivers Park, 3150 McGavock Pike, Nashville 37214. Estimated at 3.5 miles, easy. We will meet by the dog park at 9:00 A.M. and walk the greenway, looping around Two Rivers Mansion. We walk to Wave Country trailhead, then through the underpass below Briley Parkway toward the pedestrian bridge. We will cross the bridge, then return on the same greenway path back to the dog park. For more information or to let us know you are coming, contact Karen or Mike Hernan at 615.429.5691 or redtn1003@gmail.com

Sumner Trails Chapter continued

Wednesday, 19 April - Cumberland River Bicentennial Greenway, Ashland City. 10 A.M. 4 miles, easy. Out and back on level, paved trail. Dogs welcome. This was a phenomenal wildflower hike last year. Meet at the Marks Creek Hill/Chapmansboro Road trailhead, 120 Chapmansboro Rd. (Left turn just after crossing a little bridge on Hwy. 12 on north side of Ashland City; drive only about 200 yards on Chapmansboro, then turn right into the trailhead parking lot). If you want to carpool or caravan, meet at 9 A.M. at Glenbrook Kroger, 1010 Glenbrook Way, Hendersonville. Lunch afterwards at Riverview Restaurant, 110 Old River Rd., Ashland City. Contact John at 925-759-0517 or Donna at 925-759-0518 if you plan to meet us at the trailhead or have other questions.

Wednesday, April 26 - Old Stone Fort State Archaeological Park, Manchester, TN. 3 miles, moderate with uneven, difficult footing in places. We will hike the Old Stone Fort Trail and possibly the somewhat steeper Backbone trail. The Old Stone Fort is a 2,000-year-old American Indian ceremonial site. The two forks of the Duck River cut into the edge of the Highland Rim Plateau at the site of the Old Stone Fort. On the hike, we will see waterfalls, cascades, and rock bluffs bordering the Duck River. You will need hiking poles, hiking shoes, desired snacks, and water. Lunch after the hike at The Mercantile Café on Irwin Street. Those carpooling, meet at 8:30 A.M. at the Kroger, Glenbrook Shopping Center, 1010 Glenbrook Way, Hendersonville. If meeting at the trailhead by the museum at 10:00 A.M. please contact Ron Jenkins at ronj326@comcast.net or Judy Jenkins at judy_jenkins@comcast.net or 615-403-0002 for more information.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

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

Wednesday, April 5 - BSFNRA John Litton Farm Loop, Jamestown, TN., Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Saturday, April 8 - Standing Stone State Park Wildflower Hike, Hilham, TN. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Wednesday, April 12 - CT Brady Mountain Jewitt Rd TH to Head of Sequachie (HOS), Pikeville, TN. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Saturday, April 15 - CT Brady Mountain Jewitt Rd TH to HWY 68 TH, Grassy Cove, TN. . Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Wednesday, April 19 - Colditz Cove and Gentleman's Swimming Hole, Rugby, TN. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Wednesday, April 26 - CT Frenchman's Grave TH to Bruce Gap TH, and Triple Falls Trail in Cove Lake State Park, Caryville, TN Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

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ttaregionalmiddle68@tennesseetrails.org

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

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

ADDRESS SERVICE REQUESTED



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

☐ **A NEW MEMBER**

Apr 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 (required) _____

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

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

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!