TENNESSEE TRAILS



THE MONTHLY NEWSLETTER OF THE TENNESSEE TRAILS ASSOCIATION

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

SUPPORTING THE CUMBERLAND TRAIL

SAVE THE DATE - 2023 TTA ANNUAL MEETING

The Jackson and Memphis Chapters will host the TTA Annual Meeting on October 20-22, 2023, at Natchez Trace State Park, 567 Pin Oak Lane, Wildersville, TN 38388.

Lodging: The Lodge at Natchez Trace sits on scenic Pin Oak Lake just a few miles off I-40 between Jackson, TN and Nashville. There are 48,000 acres of public lands and lakes surrounding the Lodge, making it a true outdoor wilderness in West Tennessee. The Park is holding 41 Inn rooms until September 5, 2023. Individuals can make online reservations by using: tnstateparks.com (search: Natchez Trace) or call (800) 250-8616. Identity yourself as a Tennessee Trails Association member (or use code 3568) at the time of reservation. Reservations require the first night's room/tax at the time of reservation with the remaining balance due upon check-in.

Also available at the above number or website are standard one-bedroom cabins and deluxe two-bedroom cabins that

To reserve a site at one of their 4 campgrounds call: (731) 968-3742.

Meals: Inn rooms include a continental buffet breakfast. Cabins and campgrounds do not. Reservations must be made for Friday and Saturday buffet dinners and Saturday and Sunday Sack lunches on the registration form.

Menu:

Friday Dinner - Buffet Style

Southern Fried Catfish with Hushpuppies, Roast Beef, Coleslaw, Mashed Potatoes, Corn on the Cob, Tossed Salad, Bread, Banana Pudding, Tea, Coffee, and Water

Saturday Dinner - Buffet Style

Grilled Chicken Breast, Vegetarian Lasagna, Rice Pilaf, Green Beans Broccoli and Cheese, Tossed Salad, Bread Peach Cobbler, Tea, Coffee, and Water

Sack Lunch

Sandwich (select Turkey or Cheese), Chips, Cookie, Fruit

Hikes: Hikes will be in the state park and near the area.

FRIDAY

Carroll Cabin Barrens State Natural Area, Easy, 3 miles.

Mousetail Landing Scenic Trail, Easy, 3 Miles.

Natchez Trace State Park, Cub Lake, Moderate, 4.8 miles.

Natchez Trace State Park, Maple Creek Lake Trail, Moderate, 5.7 miles.

Natchez Trace State Park, Pin Oak Lodge, Moderate, 2.5 miles.

SATURDAY

Natchez Trace State Park, Cub Lake, Moderate, 4.8 miles.

Natchez Trace State Park, Maple Creek Lake Trail, Moderate 5.7 miles.

Natchez Trace State Park, Cub Lake Recreation Lodge to Pin Oak Lake, Difficult, 8.8 miles.

Natchez Trace State Park, Pin Oak Lake, and Brown's Creek Lake Trails, Difficult, 8.7 miles.

SATURDAY, continued

Mousetail Landing State Park, Eagle Point Trail, Difficult, 8 miles.

Pinson Mounds State Park, Easy, 4 miles.

Chickasaw State Park, Moderate, 5 miles.

Nathan Bedford Forrest State Park, Moderate, 6 miles.

Shiloh National Military Park, Compass Hike, Difficult, 5 miles.

Shiloh National Military Park, Historic Hike, Moderate, 5 miles.

Ross Forest, Moderate, 5 miles.

Johnsonville State Historic Park, Moderate, 4 miles.

Big Hill Pond State Park, Moderately Difficult, 8 miles.

SUNDAY

Lady Finger Bluff, Easy, 2.7 miles.

Chickasaw State Park, Moderate, 5 miles.

Natchez Trace State Park, Pin Oak Lodge, Moderate, 2.5 miles.

Pinson Mounds State Park, Easy, 4 miles.

Montgomery Bell State Park, TBD.

Annual Membership Meeting: TTA members in attendance will receive reports about the status of the Tennessee Trails Association and its chapters. New TTA Board Members will be elected for 2024. Your attendance and participation are encouraged. We need a quorum to make decisions as an organization that best supports our mission and our growth.

Fundraising: Silent Auction, Bake Sale, and Sale of TTA T-shirts. There will be no White Elephant sale and no bar will be available due to state park regulations. You may bring your own alcohol for your individual room or order beer and wine at the restaurant.

Members of the Jackson and Memphis Chapters are looking forward to hosting hikers from across Tennessee.

CALL FOR AWARD NOMINATIONS

The TTA Awards Committee is calling for nominations for awards to be presented at the 2023 Annual Meeting at Natchez Trace State Park, Pin Oak Lodge, Wildersville, TN, Oct 20-22. Please forward your nominee's name, the award for which you are nominating the individual or organization, and a brief description listing accomplishments, to Michelle Kelley, the committee chair by July 1st. Her email address is vicepresident@tennesseetrails.org. The following are the descriptions of each award.

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

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

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

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

REGISTRATION FORM

Annual TTA Meeting, October 20-22, 2023 Registration is due on or before September 19, 2023

Please provide the nam	ne of each memb	er of your family atter	nding:			
Name:						
Name:						
Address:		01 1				
Phone:						
Email:						
REGISTRATION:		x \$45.00	0 per person	\$		(1)
MEALS: (Vegetarian re	equested yes / no	(circle one))				
Friday dinner	# of people	x \$32.00	0 per person	\$		(2)
	rday dinner # of people x \$32.00 per person LUNCHES: Includes a sandwich, chips, cookie, and fruit. Circle one: Turkey or					(3)
SACK LUNCHES: Includ	es a sandwich, c	hips, cookie, and fruit	t. Circle one: Tu i	rkey or Cheese	9	
Saturday lunch	# of people	x \$15.50	0 per person	\$		(4)
Sunday lunch # of people		x \$15.50				(5)
		Registration a	nd meal(s) TOT	== AL (1)	======== \$	(1-5)
T-shirt Order (circle you Short Sleeve: Small # of s	Medium	-	XLarge	XXLarge	in, and odor resis XXXLarge	
Long Sleeve: Small	Medium	Large XLarge	e XXLa	arge X	XXLarge	
# of	shirts	x \$25.00 per shirt	t	\$		(7)
			T-shirt TOTAL		\$	
TTA Donation			Donation TO	TAL (3)	\$	
	:======		=======	=======	========	
TOTAL	DUE (registra	tion, meals, T-shir	rt, and TTA D	onation) (1-	3) \$	(total here
Please complete this	Registration Fo	orm; attach a check	made payable	to TTA Memp	his Chapter	
M	AIL TO: J With	nerington, PO Box	17476 Mem	phis, TN, 38	187	
For more information	: Lynne Witheri	ngton: 901-230-150	1 or withlynne	@aol.com		

REFUND POLICY: All cancellations and requests for a refund must be made in writing. No Refunds after September 19, 2023. (Consider it your contribution to TTA). Persons canceling before September 19 will be refunded in full, less the Registration Fee.

TTA ANNUAL MEETING BRIEF SCHEDULE PIN OAK LODGE, NATCHEZ TRACE STATE PARK

Times are Central Time Zone

FRIDAY, OCTOBER 20, 2023

1:00 p.m. Meeting registration opens and the

afternoon hikes commence

4:00 p.m. Lodging check-in

5:00 p.m. Dinner at Pin Oak Lodge

7:00 p.m. Evening Activities

SATURDAY, OCTOBER 21, 2023

7:00 a.m. Breakfast

8:00 a.m. Hikes depart from Pin Oak Lodge

5:00 p.m. Dinner at Pin Oak Lodge

6:00 p.m. General TTA Membership Meeting

6:00 p.m. Silent Auction Ends 7:00 p.m. Evening Activities

SUNDAY, OCTOBER 22, 2023

7:00 a.m. Breakfast

8:00 a.m. Hikes depart and TTA Board Meeting starts.

10:00 a.m. Cabin checkout deadline

11:00 a.m. Deadline for checking out of rooms @ lodge/inn

Found your passion in TTA? Consider your expertise. Are you willing to serve?

The Nominating Committee is looking for people willing to serve on the Tennessee Trails Board of Directors. We have 3 vacancies to be filled at the 2023 Annual Meeting to serve during the subsequent calendar year. Two are Directors at Large and one is a Regional Director. The term for each Director is 3 years. The business of the Association shall be conducted by the Board of Directors. If you are interested in serving Tennessee Trails in this capacity, contact Nominating Committee Chair, Libby Francis, taboard68@tennesseetrails.org.





West Tennessee Regional Director Wanted

The Memphis and Jackson Chapters are looking for someone to represent their region and serve as a Director on the Tennessee Trails Board. The Board of Directors meets quarterly. Three of our meetings are via Zoom and one is in person at the annual meeting. The Regional Director will be asked to serve on three committees with fellow Regional Directors as well as the following requirements:

- The Regional Directors shall be responsible for monitoring the health of the Chapters in their region.
- for working with Chapter leadership to address any problems or opportunities and to enhance the Chapter experience,
- for identifying individuals with the potential for a future leadership role in the Chapter or the Association.
- and for pursuing the establishment of additional Chapters where needed.

Contact Terry Warren,

ttaregionalwest68@tennesseetreail.org, at 731-535-0625 to reply



Congratulations Freddi Felt - Lifelong Hiker

On Friday, May 12, 2023, about 30 people, mostly hikers from the Memphis Chapter of Tennessee Trails Association, gathered to honor one of their longest active members, Freddi Felt. Freddi is an inspiration to them every day. She can remember details of trails years after she has hiked them and has gone on more than 50 Road Scholar trips. The Memphis Chapter worked with Wolf River Conservancy to purchase a bench for Freddi on the path where Freddi walks nearly every day. Seven speakers gave their heartfelt and often funny stories of life on the trails with Freddi. The plaque on the bench read: In Honor of Freddi Felt, Lifelong Hiker. Freddi's daughter, who flew in from California, was able to help get Freddi to the event for the surprise reveal. We all enjoyed celebrating this truly remarkable lady.



CLARKSVILLE CHAPTER

CHAPTER CO-CHAIRS: Paula Sanders - 954-993-5541 and Suva Bastin - 931-645-2849

ttaclarksville68@tennesseetrails.org

OUTINGS COORDINATOR: Paul Schwab - 931-801-9484 (call Paul & volunteer to lead an outing)

ttaclarksvillehikes68@tennesseetrails.org

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, July 1 - Stones River Greenway from Kohl's Trail Head to Percy Priest Dam and back. 5.8 miles. Moderate. The trail is paved and parallels the Stone Rive to Percy Creek Dam where we will eat lunch on picnic tables. There are trees along most of the trail. Dogs are permitted if on a leash. There are restrooms at the Dam. Meet at 8:00 A.M. CDT at the new Exit 11 Park and Ride. \$\sim 47\$ miles to the trailhead. Contact Mike Covey at 608-206-9850.

Wednesday, July 5 - Wednesday McGregor Park Cumberland Riverwalk Pavilion, out and back, to Ft. Defiance. 2.7 total miles. Easy. We can eat lunch after the hike at Wendy's. The whole hike is paved. We walk along both the Cumberland and Red Rivers, cross the Red River on a highway sidewalk, and hike up switchbacks through the woods to Fort's Museum. There are a couple of vistas overlooking downtown Clarksville and a few Civil War cannons along the way. Dogs are permitted if on a leash. The museum has bathrooms, exhibits, and a short video. Meet at 9:00 A.M. CDT McGregor Park Cumberland Riverwalk Pavilion. This is where the flags are. Contact Suva Bastin at 931-645-2849.

Saturday, July 8 Hike with another chapter

Saturday, July 15 - Falls Creek Falls State Park, Base of Falls, Cane Creek Falls, and Gorge Overlook Trail a 2.4-mile loop, Paw Paw Trail a 3.2-mile loop. Both trails are moderate. The trails are on natural turf. We will see a 286-foot shear drop waterfall, views of Cane Creek Gulf, and pretty woods. Trekking poles are recommended. Bring your lunch. Dogs are permitted if on a leash. There is a bathroom near the trailhead. Meet at 7:00 A.M. CDT at the new Exit 11 Park and Ride. \$\sigma 167\$ miles to the trailhead. Contact Paul Schwab at 931-801-9484.

Tuesday, July 18 Monthly Chapter Meeting. Meet 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, July 22 Dunbar Cave SP, Long Trail. 2.5 miles. Moderate. Most of the trail is on natural turf. There are a few concrete steps. Dogs are permitted if on a leash. The trail goes through pretty woods and passes sinkholes and limestone bedrock. It goes through a 15-acre Prairie Restoration Project and a 15-acre lake. Meet at 9:00 A.M. CDT at the trailhead picnic table. Contact: Phyllis Haddock 931 206-6245.

Saturday, July 29 - Long Hunter SP, Day Loop Trail. 4.5 miles. Moderate. The trail is on natural turf in the woods. There are a lot of views of Percy Priest Lake. Dogs are permitted if on a leash. Trekking poles are recommended. Bring your lunch. Meet at 8:00 A.M. CDT Exit 11 new commuter parking lot. ~ 62 miles to the trailhead. Contact Paul Schwab at 931-801-9484.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CO-CHAIRS: Jane Coffey - 615-516-6551 and 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 P.M. Meeting at 7:00 P.M.

Monday, July 12 - Long Hunter State Park. The hike leader is Bob Burleson. The exact details are to follow. For info, contact Jane Coffey at jecoffey0644@gmail.com

Thursday, July 29 - Devil's Backbone. This is a redo of the hike canceled by a rain delay. The hike leader is Chris Hoffman

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, July 8 - Gallaher Bend Greenway/Clark Center Park. 4.5 miles. Easy. We will hike in and back on the Gallaher Bend Greenway for 4.5 miles on an easy trail, which has beautiful views of Melton Lake. The hike will start at the park's swimming area, so you can cool off after the hike with a swim, and/or try the kayaks and canoe we will be bringing. Feel free to bring your own boats, floats, or paddleboards. Bring a beach towel, sunblock, and your own life vest, if you have one, for boating. We will have a few vests to borrow. You can wear your bathing suit under your hiking clothes or change in the restroom. Water shoes might be useful if you have them. Since there is a picnic area near the swimming area, bring your lunch sandwich and something to share with the group for a potluck side dish or snacks. Meet at the trailhead at 10.00 A.M. For directions, put 7630 Bull Bluff Road, Knoxville into your GPS. Please email Penny Lukin at plukin@comcast.net with questions and to pre-register.

Saturday, July 22 - Hike North Boundary Trail, Oak Ridge. 6 miles. Easy. We'll touch on several different trails, but they are all easy, with no significant elevation changes. We'll pass through woodlands with creek habitats showcasing a variety of wildlife and natural plants. Also, from the pre-Manhattan project settlements, we will see remnants - stairs, and building foundations. We will see parts of the quarry, the quarry lake, and old cemeteries. 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 July 22nd at 815-608-0879, leave a message, or send an email to adamsscott1950@gmail.com

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, July 1 – Barren Fork and Collins River Paddle. McMinnville. Joint outing with the Murfreesboro Chapter. The Barren Fork River is a tributary of the Collins River. We will paddle about 6 miles from the Barren Fork River Dam at Pepper Branch Park (120 Old Morrison Road) and take out at the old VFW building on Highway 70S in McMinnville. We will have to shuttle vehicles to the VFW building and there is a \$5 parking fee. Pack snacks, lunch, and plenty of water. For more information or to sign up, contact Wayne Yancey at 615-887-0212 or wayne.yancey@gmail.com.

Saturday, July 8 – Stone Door, Big Creek Rim, Laurel Trails Loop, 7 miles. Easy to moderate because of distance. Joint hike with Scenic City Chapter. Savage Gulf State Park. Stone Door Ranger Station, 1183 Stone Door Road, Beersheba Springs, TN. Meet at 7:45 A.M. CDT at the trailhead. Bring water, snacks, and lunch. Register with Joan Hartvigsen, at 931-636-2914 or jhartvigs@comcast.net. This hike features many awesome overlooks of Big Creek Gulf and Savage Gulf. At the end of our hike, we will visit nearby Laurel Falls, where Laurel Creek drops 25 feet into a pool below a lip of rock with a hollowed-out amphitheater behind.

Wednesday, July 12 – Grundy Forest Day Loop, Lone Rock Loop, picnic, Grundy Lake Swim. Four miles total. Easy to moderate. South Cumberland State Park, Tracy City, TN. Grundy Forest Day loop features cascading streams, multiple waterfalls, and giant hemlocks. Lone Rock Loop circles the largest of the four lakes at Grundy Lakes State Park and loops by remains of the Lone Rock Mine Coke Ovens built in 1883. Grundy Lake features a picnic area, sandy beach, flush toilets and changing area, and crystal clear, cool, spring-fed water. Meet at Grundy Forest Day loop trailhead at 8 A.M. CDT, 131 Fiery Gizzard Road, Tracy City, TN. Register with Joan Hartvigsen, at ihartvigs@comcast.net or 931-636-2914.

Highland Rim Chapter continued

Monday-Thursday, July 17-July 20 – Red River Gorge Geological Area, Slade, Kentucky. Camping in Natural Bridge State Park. Joint activity with Murfreesboro Chapter, Sara Pollard. The park has a lodge and a restaurant. Hikes include The Original Trail, Balanced Rock and the Rock Garden Trail, Court House Rock, Auxier Ridge, Double Arch Hike, and Gray's Arch. Red River Adventure Outfitters offers an 8-mile Red River paddle past towering cliffs, awesome rock formations, and deep forests. The Kayak rental fee is \$50. Contact Joan Hartvigsen, at ihartvigs@comcast.net or 931-636-2914.

Monday, July 24 – Potluck Dinner and Chapter Meeting, 6:30 pm at Marcia Medford's home, 112 Midway Road, Sewanee, TN. We will begin with a potluck dinner followed by a meeting/storytelling and campfire at 7:00 P.M. Bring a dish to share and your own beverage; also bring a camp chair and firewood. A three-mile hike will be offered on the Shakerag Hollow Trail before dinner. Meet at Marcia Medford's house at 4 P.M. for the hike. Contact Joan Hartvigsen, at ihartvigs@comcast.net or 931-636-2914, for more information and to register.

Saturday, July 29 - Short Springs Workday. Meet at 8 A.M. in the parking lot, 2250 Short Springs Road, Tullahoma, TN. Bring water, work gloves, pruners, loppers, chainsaws, mattocks, and trash bags. Specific tasks include sawing away blowdown trees blocking the trails, trimming back foliage from trails, and ditching. The chainsaw operator needs help carrying fuel and rolling cut logs off the trails. Please let Joan Hartvigsen know you can help, at jhartvigs@comcast.net or 931-636-2914.

Monday-Thursday, July 31-August 3 – Two Cataloochee Group Campsites, Great Smoky Mountains National Park. Joint activity with the Murfreesboro Chapter, Sara Pollard. Possible hikes: Cataloochee Divide Trail, Caldwell Fork and Boogerman Trails Loop, Rough Fork, Caldwell Fork, and Big Fork Ridge Trails Loop. Contact Joan Hartvigsen, at ihartvigs@comcast.net or 931-636-2914.

Thursday-Sunday, October 19-23 – TTA Annual Meeting. Natchez Trace State Park, Wildersville, TN. Cub Lake Campground Two, Group Site 3. Contact Joan Hartvigsen for a spot in the group campsite, a 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 P.M. CT

No hikes planned for this month.

MEMPHIS CHAPTER

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

The Memphis Chapter does not hike in June, July, or August. See you in September!

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, July 1 – Barren Fork and Collins River Paddle. McMinnville. Joint event with the Highland Rim chapter. The Barren Fork River is a tributary of the Collins River. We will paddle about 6 miles from the Barren Fork River Dam at Pepper Branch Park (120 Old Morrison Road) and take out at the old VFW building on Highway 70S in McMinnville. We will have to shuttle vehicles to the VFW building and there is a \$5 parking fee. Pack snacks, lunch, and plenty of water. For more information or to sign up, contact Wayne Yancey at 615-887-0212 or wayne.yancey@gmail.com.

Saturday, July 8 – Barfield Crescent Park. Murfreesboro. 6 miles. Moderate. We will hike all the trails beginning at the Wilderness Station. The Marshall Knob trail starts out as a paved path and then drops alongside the West Fork Stones River. Then we'll hike the Valley View Loop and Rocky Path Loop. We'll enjoy seeing scenic rock bluffs and passing crevasse-like sinks along the way. There's the option of enjoying lunch at the nearby Camino Real Mexican Restaurant. Bring snacks and plenty of water. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Tuesday, July 11 – Chapter Meeting – 7:00 P.M. CT. Barfield Crescent Park Wilderness Station. Nichole Hidalgo Jordan of TennGreen Land Conservancy will be our speaker. TennGreen is a statewide land conservancy nonprofit organization that works to protect land and connect people in Tennessee. TennGreen provides outdoor experiences, establishes conservation easements, and assists in acquiring privately held land. For more information contact Chapter Co-Chair Jeanne Conatser at diconatser@comcast.net.

Saturday, July 15 – "Pick a Park" series. Two state parks. Booker T. Washington and Harrison Bay State Parks. Chattanooga. Let's meet at the Harrison Bay Office/Marina at 10:00 A.M. (Eastern Time Zone). We'll roam the 4.3-mile Bay Point Loop, an easy moderate winding trail around the peninsula. After that, we could have lunch at the marina restaurant. Then we'll pop over to Booker T. Washington Park to stroll the 1.1-mile Nature Trail. Bring your Tennessee State Parks Passport, shoes, drink, snack, etc., and maybe some binoculars - both parks are known for a huge variety of birds! For more information or to sign up, text Jeanne Conatser at 615-971-8894.

Monday, July 17 – Thursday, July 20. Red River Gorge Geological Area. Slade, Kentucky. Camping at the Natural Bridge State Park. Joint activity with the Highland Rim chapter. The park has a lodge and a restaurant. Hikes include The Original Trail, Balanced Rock, the Rock Garden Trail, Court House Rock, Auxier Ridge, Double Arch Hike, and Gray's Arch. Red River Adventure Outfitters offers an 8-mile Red River paddle past towering cliffs, awesome rock formations, and deep forests. Their kayak rental fee is \$50. For more information or to sign up, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Monday, July 31 - Thursday, August 3 - Cataloochee Camping and Hiking. Great Smoky Mountains National Park. Waynesville, NC. Joint event with the Highland Rim chapter. Two group campsites have been reserved in the Cataloochee Campground. The campground has flush toilets and drinking water. There are no hookups or showers. Possible hikes in the area are the Cataloochee Divide Trail, Caldwell Fork and Boogerman Trails Loop, Rough Fork, Caldwell Fork, and Big Fork Ridge Trails Loop. 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 P.M. 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 (July 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 7 am, or earlier if everyone has arrived. This hike has elevation gains on both Ganier Ridge and South Cove Trails. We usually walk at a moderate pace and finish up around 9 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.

Tuesday, July 18 – Henry Horton State Park Hike & Swim. 5-6 miles. Moderate. We'll enjoy a combination of trails and then cool off at the pool. Meet at the parking near the camp store for an 8:30 A.M. step-off. Pack insect repellant, sunscreen, a hat, and swimwear. Bring plenty of water, snacks, and a lunch (or plan to grab something at the snack bar.) Register with Mark for details and updates: midtn@tnhiker.net (615) 669-3221. An alternative date for inclement weather: Thursday, July 27th.

Tuesday, July 25 – Warner Red Trail Hike, Percy Warner Park, Nashville, TN. 5+ miles. Moderate (can be strenuous for novice hikers). Meet at the Chickering Road trailhead, 1771 Chickering Rd, Forest Hills, near Brentwood, https://goo.gl/maps/28P3y4os6YKfrsuT9, for a prompt 7 A.M. start. Dogs on a leash are okay (Park regs require no more than a 6-ft leash - you may be ticketed if you fail to use a leash!). Come join us to experience this 5+ mile loop trail. Generally considered a moderately challenging route, it takes an average of 2+ hours to complete. This is a great loop that includes some steep and gradual inclines. Sections of the trail are rocky so be sure to wear proper footwear. Plenty of shade along the route, but please bring water, nevertheless. Text Zary Rahimi at 615-500-6882 to register and to receive any updates (such as cancellations for weather).

Tuesday, July 25-Nashville Chapter Meeting, REI, Brentwood, TN, 6 P.M. Heather Gallagher, Ranger at Beaman Park in Nashville, will present our monthly program about accomplishments in trail, bridge, and other park improvements with the help of TTA volunteers. She will share photos of new park acquisitions and her passion for all things Beaman Park. Plan to attend and join us for dinner prior to the meeting at Jason's Deli, next door to REI at 5:00. Invite a friend!

PLATEAU CHAPTER

(Crossville)

CHAPTER CHAIR: Bill Wisniewski - 931-335-9360 - ttaplateau68@tennesseetrails.org
OUTINGS COORDINATOR: Deb Westervelt - 931-267-2243 - ttaplateauhikes68@tennesseetrails.org

MEETS MONTHLY: 2nd Thursday at 6:00 P.M. CT

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 are 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 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 our Facebook Group page: TTA PLATEAU CHAPTER CROSSVILLE. We look forward to Walking in the Woods with you.

Plateau Chapter continued

Wednesday, July 5 - Lost Creek to Dog Cove, Sparta, TN. 5 miles. Strenuous. Joint hike with Upper-Cumberland Chapter. Come enjoy this newest trail, which was opened on April 21. There should still be some wildflowers, birds, and nice rock formations to spice up the scenery. And the highlight is Dry Creek Falls, which is 2 waterfalls. This hike is 5 miles in length and should be considered strenuous because of the elevation changes, and the rocky terrain. We will start at Lost Creek Parking Lot, and then shuttle on over to Dog Cove, where we will start the hike from. And then hike back to our cars at Lost Creek. Depart at 7:30 A.M. CST from the outer parking lot of Harbor Freight, 145 Highland Square, Crossville, TN. The carpool cost is \$5. Bring lunch, snacks, (electrolytes) water, bug spray, and sunscreen. People 18 and over, members and non-members welcome. Minors must be accompanied by an adult. For additional information contact the hike leader, Deb, by text/call at 931-267-2243 or email ttaplateauhikes68@tennesseetrails.org.

Saturday, July 8 – Martha's Pretty Point. 4.5-mile loop. Joint hike with Upper-Cumberland Chapter. Long hike: We will hike a 4.5 moderate-mile loop to Martha's Pretty Point. Also, drive to Welch's Point for a short walk to the overlook. Short Hike: 4.5 mi moderate Martha's Pretty Point loop. Depart at 7:30 A.M. CST from the outer parking lot of Harbor Freight, 145 Highland Square, Crossville, TN. The carpool cost is \$4. Bring lunch, snacks, (electrolytes) water, bug spray, and sunscreen. People 18 and over, members and non-members welcome. Minors must be accompanied by an adult. For additional information contact the hike coordinator, Deb, by email at plateauhikes@tennesseetrails.org or text/call 931-267-2243.

Saturday, July 8 – Pleasant Hill: Lake Alice Trail. 1.5 & 0.3 miles. Easy. Upper-Cumberland Chapter Walk in the Woods. This is a nice walk through the woods with lake views. From the parking lot on West Lake Road, we will walk up Yonside Drive to the Lake Alice Trail kiosk. This trail has had many improvements over the last three years adding bridges, boardwalks, trailhead kiosks, benches, and 911 markers. The Lake Alice Trail is in Uplands Village, Pleasant Hill. Depart at 11:30 A.M.CST from the parking lot on West Lake Road, past the Pleasant Hill Community Church, to the right of the Waterfall and sign. Yonside Drive is ONE WAY ONLY, so please park on West Lake Road. Bring water, bug spray, sunscreen, and a snack. People 18 and over, members and non-members welcome. Minors must be accompanied by an adult. For more information contact hike coordinator, Sirka by email at plateaulocalwalks@yahoo.com or text (404) 790-3945.

Wednesday, July 12 - Meadow Creek Park and Bee Rock, Monterey, TN. 1.56 & 0.7 miles. Joint hike with Upper-Cumberland Chapter. Two short hikes today. First is a 1.56 mi loop around Meadow Creek Lake with an elevation gain of 102 ft with a few Creek crossings. The second is .7 mi in/out to Bee Rock. There is an option to hike down underneath Bee Rock and back. We'll eat lunch at the Long Road Cafe in Maryland. Bring (electrolytes) water and a snack. Don't forget tick/bug spray and sunscreen. People 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Depart at 7:30 A.M. CST from the outer parking lot of Harbor Freight, 145 Highland Square, Crossville, TN. The carpool cost is \$3. For additional information contact the hike coordinator, Deb, by email at plateauhikes@tennesseetrails.org or text/call 931-267-2243.

Wednesday, July 19 – Burgess Falls State Park & Sparta Greenway. 1 mile & 1.8 miles. Moderate. On our way to Burgess Falls, we'll hike a 1-mile section of the Sparta Greenway along the Calfkiller River. At Burgess Falls 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. We'll eat lunch at the Chestnut Oaks Farm Store & Kitchen. Bring (electrolytes) water and a snack. Don't forget tick/bug spray and sunscreen. People 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Depart at 7:30 A.M. CST from the outer parking lot of Harbor Freight, 145 Highland Square, Crossville, TN. The carpool cost is \$5. For additional information contact the hike coordinator, Deb, by email at plateauhikes@tennesseetrails.org or text/call 931-267-2243.

Saturday, July 22 - Hardie Trail in the 300-acre Dog Cove, Bon Air, TN, and Sparta Greenway Trail. 2.5 miles. Joint hike with Upper Cumberland. The trail is off Old Bon Air Rd with rock bluffs and a waterfall. Then we'll drive into Sparta and walk along the river Greenway. We'll eat lunch at a restaurant in Sparta. Bring (electrolytes) water and a snack. Don't forget tick/bug spray and sunscreen. People 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Depart at 7:30 A.M. CST from the outer parking lot of Harbor Freight, 145 Highland Square, Crossville, TN. The carpool cost is \$4. For additional information contact the hike coordinator, Deb, by email at plateauhikes@tennesseetrails.org or text/call 931-267-2243.

Plateau Chapter continued

Saturday, July 22- Cumberland Mountain State Park: Byrd Creek Trail. 2.0 miles. Easy to moderate. Upper-Cumberland Chapter Walk in the Woods. This trail follows along the banks of Byrd Creek for the entirety of the hike. This trail provides hikers with a unique tree top canopy of hemlock trees in several sections. Hikers will also cross a small creek that is home to a unique bridge that was built by an eagle scout. Cumberland Park is about four miles southeast of Crossville on Highway 127. Depart at 11:30 A.M. CST from the Cumberland Mountain Park Office, 24 Office Dr, Crossville, TN 38555. Bring water, bug spray, sunscreen, and a snack. People 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Dogs must be leashed. For more information contact hike coordinator, Sirka, by email at plateaulocalwalks@yahoo.com or text at (404) 790-3945.

Wednesday, July 26 - Green Loop Trail, Crossville, TN. 4.2mile. Moderate. Joint hike with Upper Cumberland Chapter. The Green Loop Trail is compromised of the McGinnis, Good Samaritan, and Canyon Trails in the Fairfield Glade community for 4.2 moderate miles. We'll start from the North Trail parking lot (on Google Map) on Catoosa Rd. Bring (electrolytes) water and a snack. Don't forget tick/bug spray and sunscreen. People 18 and over, members and non-members welcome. Minors must be accompanied by an adult. Depart at 7:30 A.M. CST from outer parking between Zurich Homes and Dollar Tree, 4937 Peavine Rd, Crossville, TN. The carpool cost is \$1. For additional information contact the hike coordinator, Deb, by email at plateauhikes@tennesseetrails.org or text/call 931-267-2243.

SCENIC CITY CHAPTER

(Greater Chattanooga Area)

CHAPTER CHAIR: Jane Ellett - 423-309-7879 - ttasceniccity/68 @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 P.M. ET

Please note that for the months of June, July, and August, meeting times are now at 7:30 A.M.

Saturday, July 1 - John Muir Trail along the Hiwassee River, 6-8 miles. Easy, shuttle involved. This is a beautiful trail that follows the scenic river through the mountains. We'll start at the Appalachia Powerhouse and end at Childers Creek Road, seeing fishermen, rafters, kayakers, and maybe bald eagles along the way. Bring water shoes if you want to cool off in the river. Also bring lunch, lots of water, bug repellent, sunscreen, and other summer essentials. For carpooling/caravanning at 7:30 A.M. ET, meet in the parking area near the gas station at Food City in Ooltewah, right off I-75 exit 11. https://bit.ly/3dwmbxn Please register with hike leader Tammy Hendrick at 315-949-8187.

Tuesday, July 4 - Window Cliffs Trail. 5.3 miles. Moderate, 660' el. gain, out-and-back. A lot of the elevation gain is near the turnaround point and can be skipped. This is a popular trail with a LOT of creek crossings, a waterfall, and cliffs with holes ("windows"). A great summer hike! How often do you get to see holes in cliffs, to say nothing of crossing the same creek multiple times? Bring good water shoes, preferably ones you can use for creek crossings and hiking. Also bring lunch, water, BUG SPRAY, sunscreen, and other summer essentials. For carpooling/ caravanning, meet at the Durham Street parking lot (ball fields) off Dayton Pike in Soddy-Daisy at 7:30 A.M. ET. https://bit.ly/3Qjdc0S Register with hike leader Tom McElhone, at 805-208-4654 or <a href="maintage-gammata

Saturday, July 8 - Stone Door to Big Creek Rim, returning on Laurel Trails Loop. 7 miles. Easy to moderate because of distance. A second option is to return by going down the Big Creek Gulf Trail and up the Stone Door Trail, for a total of 9.5 miles and 1620' elevation gain. Bring water, snacks, insect repellent, and lunch. Both hikes feature many awesome overlooks of Big Creek Gulf and Savage Gulf. At the end of the shorter hike and maybe the longer hike, we will visit nearby Laurel Falls, where Laurel Creek drops 25 feet into a pool below a lip of rock with a hollowed-out amphitheater behind. Meet at 8:50 A.M.ET (7:50 A.M. CT) at the Stone Door Ranger Station, 1183 Stone Door Road, Beersheba Springs, TN, or for carpooling, meet at 7:30 A.M. ET at the Durham Street parking lot (ball fields) off Dayton Pike in Soddy-Daisy. https://bit.ly/3Qjdc0S Please register with Joan Hartvigsen, at 931-636-2914 or jhartvigs@comcast.net.

Scenic City Chapter continued

Tuesday, July 11 – Booker T. Washington State Park: Outer Loop Trail. 3.9 miles. Easy to moderate. This trail follows the water most of the way around a peninsula, with beautiful views of Chickamauga Lake. Then it heads inland through pleasant woods to take us back to the trailhead. Be on the lookout for deer and enjoy the lake sightings along the trail, but also be prepared to jump out of the way of mountain bikers. 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 jackets, sunscreen, and insect repellent as needed. **Please note the meet-up parking location has changed.** Meet at 7:30 A.M. at Picnic Area #1, which includes a bike trailhead and basketball court. This parking lot has toilet facilities nearby. Please register with Jean Smith, at 423-596-7681.

Saturday, July 15 - Emery Creek Falls Trail. ~6 miles. Moderate, 900' el. gain, out-and-back. This is a beautiful trail with a record number of creek crossings. Almost all the crossings are easy, but you may get wet at the first one—no problem on a hot summer day. The double waterfalls at our turnaround point are very cool! Bring good water shoes, preferably ones you can use for creek crossings and hiking. Also bring lunch, lots of water, bug repellent, sunscreen, and other summer essentials. For carpooling/caravanning, meet at Wendy's, left (east) off I-75 Exit 1 (East Ridge) at 7:30 A.M. ET. Please register with hike leader Tom McElhone, at 805-208-4654 or sarmitta@yahoo.com.

Tuesday, July 18 - Hiwassee River Float Trip. We will rent inflatable kayaks, aka "duckies," and float/paddle down the beautiful Hiwassee River, which is an easy whitewater river flowing out of the mountains east of Cleveland. No experience is required. A great trip for a hot summer's day! Costs: \$40 for a 1-person duckie, \$80 for a 2-person duckie, and at least \$80 for a 4–5-person raft. Check the weather forecast and wear water-friendly attire, including sandals or shoes; bring lunch along with more water than you think you need; and gather up a rain jacket, sunscreen, and insect repellent as needed. For carpooling, meet at **9:30 A.M. ET** at Food City in Ooltewah, east off exit 11 from I-75. (The water does not reach full flow until 11 A.M.) Please register to receive essential details from hike leader Betsy Darken, at (423) 718-2060.

Saturday, July 22 — Coker Creek Falls. 6.5 miles. Moderate, 590' elevation gain. An optional second hike to Turtletown Falls Trail for a total of 10.3 miles, 1160' elevation gain. Great hikes along rowdy creeks, but possibly with several blowdowns to get over, through, or around. 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 jackets, sunscreen, and insect repellent as needed. **Meet at 7:30** A.M. at Food City in Ooltewah, east off exit 11 from I-75. Please register with hike leader Betsy Darken, at 423-718-2060.

Tuesday, July 25 — Foster Falls, 3.2 miles, elevation gain,175 ft, easy/moderate, out-and-back. We will begin our hike at the Foster Falls Base Trail, a rocky and steep trail that leads down to the plunge pool and base of Foster Falls. While short (0.6 miles), this trail has many rock steps to the bottom. There is a beautiful suspension bridge crossing over the river that leads to a viewing area. Upon arriving back at the top, we will visit the main Falls overlook and hike along the rim via a portion of the Fiery Gizzard Trail, along which we will be able to view Foster Falls and the canyon from several overlooks. For carpooling/caravanning, meet at the parking lot just after LaQuinta Inn, right (north) off I-24 Exit 175 at 7:30 A.M. ET. Register with hike leaders Marti & Roy Owensby at 423-309-0579 (voice or text).

Saturday, July 29 — Savage Gulf: Stone Door to Sawmill Campground via the Connector Trail. 10 miles. Moderately challenging, out and back, 1676' el. gain. We will stop at fantastic overlooks, descend the Stone Door, cross a few creeks, see the old Decatur Savage house, cross a large bridge, and refresh in the water below. Hot weather and lots of rocks are guaranteed, so bring lots of water. (Tip: bring a frozen bottle of water.) Bring snacks, lunch, bug repellent/sunscreen, and other summer essentials. Meet at Durham Street in Soddy Daisy at 7:30 A.M. ET. Please register with Tammy Hendrick at 315-949-8187.

SUMNER TRAILS CHAPTER

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

Tuesday, July 25 - The Lotz House, 1111 Columbia Av, Franklin, TN. 10:00 A.M. The Lotz house was built in 1858 by Johann Albert Lotz, a German immigrant. A few years later, it was at "ground zero" of the Battle of Franklin in the Civil War. We will tour this house and learn about its history and the history of its occupants. We do not need to get tickets in advance, but please let us know you are coming by the morning of Monday, July 24th. Tickets are \$14 for adults and \$12 for those of us over 65. Text or call David Hobbs at 803-634-3470 or email at ddhobbs@bellsouth.net to let us know you are coming or for more information. We can try to arrange carpooling once we know who is coming. Otherwise, we will meet at the Lotz House at 9:45 to buy our tickets and be ready for our 10 A.M.tour.

We are working on arrangements for an excursion to Lost River Cave in Kentucky in July, and if the weather cooperates, there may be a pop-up hike. Please check your email regularly for more information.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeyille)

(Sparta / Cookeville)

CHAPTER CHAIR: Cathy Moran 931-544-2764 ttauppercumberlandhikes 68 @tennesseetrails.org

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

Wednesday, July 5 - Lost Creek to Dog Cove, Sparta, TN. 5 miles. Strenuous. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

Saturday, July 8 – Martha's Pretty Point. 4.5-mile loop. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

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Wednesday, July 26 - Green Loop Trail, Crossville, TN. 4.2mile. Moderate. Joint hike with Plateau Chapter. See the Plateau Chapter listing for hike details and registration information.

OFFICERS:

President

Duane Frichtl 309-830-9720

ttapresident68@tennesseetrails.org

Vice-President

Michelle Kelley 901-484-2998

ttavicepresident68@tennesseetrails.org

Treasurer

June Callahan 615-945-7462

ttatreasurer68@tennesseetrails.org

Secretary

Susan Woods 731-441-8066

ttasecretary68@tennesseetrails.org

At-large Directors (terms expiring listed after name)

Mark Hubbard (2025) 615-715-1517

ttaboard68@tennesseetrails.org

Wayne Drown (2025) 803-646-0972

ttaboard68@tennesseetrails.org

Susan Woods (2025) 731-441-8066

ttasecretary68@tennesseetrails.org s (2024) 615-319-7501

Libby Francis (2024) 615-319-7501 ttaboard68@tennesseetrails.org

Duane Frichtl (2024) 309-830-9720

ttapresident68@tennesseetrails.org

June Callahan (2024) 615-945-7462

ttatreasurer68@tennesseetrails.org

Cheryl Heckler (2023) 931-200-7436

ttamembership68@tennesseetrails.org

Jenny Fitzgerald (2023) 615-517-8185 ttaboard68@tennesseetrails.org

Jane Coffey (2023) 615-614-1083

ttaboard68@tennesseetrails.org

Regional Directors

West TN

Terry Warren (2023) 731-535-0625

ttaregionalwest68@tennesseetrails.org

Middle TN

Sara Pollard (2025) 615-714-3610

ttaregionalmiddle68@tennesseetrails.org

East TN

Will Latham (2024) 704-365-8889

ttaregionaleast68@tennesseetrails.org

CHAPTER REPRESENTATIVES ON THE BOARD

ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor

Mary Lewis Tims 731-780-5550

ttaeditor68@tennesseetrails.org

2023 TTA Board of Directors Meetings

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

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

Conference

Friday - Sunday, Oct 20 - 22 Natchez Trace State

Park

Annual Meeting



Newsletter Deadlines:

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

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

Please send all submissions to: ttaeditor68@tennesseetrails.org

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



YES, I	WANT TO JOIN TEN	NESSEE TRAILS AS	Please Mail This Form To:			
	A NEW MEM	BER		Jul 23	Membership I P.O. Box 4	
	RENEWING I		Nashville, TN 3	-		
	Memberships are for one y Gift Memberships are also					
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upcoming section), meetings	hikes, events, chapter me a reference containing inf where you will enjoy divers	etings, and volunteer op ormation about TTA, tra se programs, socializing a	portunities. We only all etiquette, and and refreshments	encourage you to review I hiker responsibilities. V s. Also, we hold our annu	the Hiking Handbook (under Ve invite you to attend any lal meeting in the fall at one o and plans of the organization.	the Hikes & Events number of monthly
	Not a member	yet? Please c	heck out	one of our hik	es or meetings s	oon!