



TENNESSEE TRAILS

Official Publication of the Tennessee Trails Association

Volume XII, No. 6

May 1981

NASHVILLE CHAPTER HIKES

MERIWETHER LEWIS MONUMENT- THE FARM

2-3 May 1981

Meet at 7 a.m. CST at the Cumberland Museum in Nashville for carpooling to the Farm, an alternative lifestyle community near Summertown. We will tour the Farm and its solar energy works till 2:30 p.m., so bring a lunch. Afterwards, we will take a short hike or go to Meriwether Lewis to set up camp. Sunday, there will be a hike in the vicinity of the Monument. If you only want to make the Sunday hike, meet the group at 9:30 a.m. at the museum cabin at the Monument. Joint trip with Audubon.

LEADERS: Regina McDowell - 893-1618
John Hart - 227-8339
John Jager - 244-2522

LADY FINGER BLUFF TRAIL - SMALL WILD AREA, KENTUCKY LAKE (TVA)

30 May 1981

This is a relatively easy, short hike with an outstanding overlook of the TN River Valley. Meet at the Cumberland Museum in Nashville at 12 noon CST, or at the Highway Patrol headquarters in Linden, TN (at major intersection of TN Hwy. 100 and 13) at 2 p.m. CST. This is a joint trip with Sierra Club. (Sierra Club invites TTA members to join them Sunday for an easy Class II float trip on the Buffalo River near the hike. For info and to preregister, call Bob Pyle, 331-0553 or 834-4300 at work. Camping and canoe rental is available in the area.)

LEADER: Bill Jarrell - 373-8259
Brentwood 251-7424 (work)

FIVEE BLUFF TRAIL AND PICNIC

Sunday, May 17, moderate 3½ miles

We will leave at 10 am (ET) from The Overlook parking area above Norris Dam on Route US441 between Lake City and Norris, Anderson Co.

This National Rec Trail goes thru one of TVA's Small Wild areas. Starting with a good view of the lake and dam, drop down to follow the Clinch River below tall limestone bluffs. Circle up above the cliffs to get another view thru the big trees of the lake, dam and river. Then back to the cars.

We will see some wildflowers and many ferns, mosses, horsetails, big sycamores, beeches, oaks and maples and lots of birds. If the generators are not running, we can explore the flats by Figgins Island.

Grace and Al Foster will lead the hike (494-0951). Plan 2 to 3 hours on the trail depending on how much botanizing, resting, meditating or birding you do.

After the hike, we will meet at the picnic area across the dam by the Visitor Center for a potluck picnic. Bring sandwiches, drink, salad, dessert and your utensils.

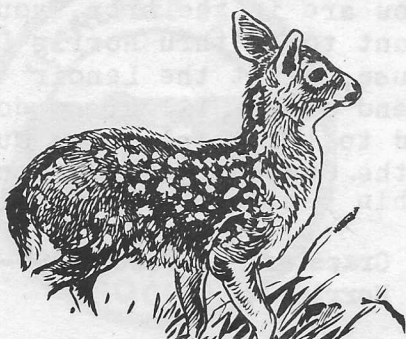
While you are in the area, you might want to go thru Norris Dam powerhouse, visit the Lenoir Museum and Crist Mill or go down the road to the Appalachian Museum or the Community Craft Center, all within 5 miles of the dam.

LEADERS: Grace and Al Foster 494-0951
Norris

Shake the winter mud off those boots, and let the spring rains freshen them up. If you have not taken advantage of one of our spring hikes this season and seen the early wildflowers that abound in Tennessee woods, it's time to pack a sack lunch and join us at the trail head. From the Canadian zone of the Smokies to the Delta lands of the Mississippi, one finds some of the greatest varieties of wild plants and flowers of almost any state in the Union. The cedar glades of Middle Tennessee have some of the most unusual plants in the world, plants that are not even listed in your wildflower books. The Cumberland Mountains have most of the same varieties as found in the Smokies. When you receive this newsletter, the wild flower hike at Frozen Head State Park will be over, but the wild flowers at Frozen Head will linger on a little longer. The new park ranger, Duane Wyrick, will be glad to point you in the right direction to enjoy them. Encourage others to admire their beauty in their natural surroundings, and in taking photographs.

Join the Nashville Chapter on May 2-3 at Meriweather Lewis National Monument on the Natchez Trace hike and a visit to the Farm near Summertown. In East Tennessee on May 17 is an easy hike on the River Bluff Trail at Norris Dam Reservation. Always take an extra plastic bag along on the trails, and help us all by picking up litter as you hike out. Check your calendar and give yourself a day in the woods.

- - - - Bertha Chrietberg



The Daniel Boone Trail study, authorized in 1976, has been initiated by the National Park Service. The study will determine possible establishment of a national scenic or historic trail stretching 350 miles from Statesville, NC to Fort Boonesborough State Park, KY.

National Scenic Trails Proposed - H. R. 861, a bill to designate additional National Scenic and Historic Trails, has been introduced in the 97th Congress. Of interest locally are the Potomac Heritage, Natchez Trace and Florida National Scenic Trails, which would be designated if the law passes. The Natchez Trace would be 694 miles long extending from Nashville to Natchez, MS. Six trail routes would be authorized for study, including the Trail of Tears, extending from Murphy, NC, through GA, AL, TN, KY, IL, MS, AR, to Tahlequah, OK. The bill would also establish a program for providing financial assistance to groups like TTA, that develop and maintain trails in the National Trails System.

Cordell Hull Lake Trails Added to National Trails System - The Horseback Riding Trails at Cordell Hull Lake, near Granville, TN have been designated as National Recreation Trails (NRT) by the Secretary of the Interior, James G. Watt, for inclusion in the National Trails System. The riding trails are two separate trails, Lowland and Wilderness. Each starts and loops back to a primitive campground area. The Lowland Trail meanders through flat, open fields near the shore of Cordell Hull Lake and is ten miles long. It is designed for the leisure rider. The Wilderness Trail is 12 miles long and accommodates the more experienced riders. It provides many scenic views of the lake and the Cumberland Valley. Two primitive camping areas are located along the trails. Open year-round, the trails are managed by the US Corps of Engineers. This is the 19th NRT in TN and the 561st in the Nation.

STATE TRAIL NEWS

The May 2 dedication of the Cumberland Trail has been postponed until later in the summer in order to secure Gov. Alexander's attendance. The date will be announced in this newsletter.

TTA Affairs

ADOPT-A-TRAIL PROGRAM

Tennessee Trails Association, in an effort to continue the current quality of trails in Tennessee, will soon implement a trail inspection program. Diane Davidson, Bertha Chrietzberg, Bob Richards, and Terry Bonham met in late March to discuss guidelines for the program.

The program will work in the following manner. The volunteer selects a favorite trail, which could be on federal, state or privately managed land. At least twice a year the volunteer will hike the trail to inspect trail characteristics such as tread or vegetation. Any maintenance problems will be reported to TTA who in turn will inform the appropriate management agency of the problem. Minor maintenance tasks such as litter pick-up can be performed by the hiker.

With technical assistance provided by the Dept. of Conservation, TTA is developing a Trail Inspection Manuel as well as an Inspection Checklist for volunteer use.

This program provides hikers with an opportunity to assume responsibility for the trails that provide such great recreation. To adopt-a-trail or to make suggestions to the program, please contact Diane Davidson, Adopt-a-Trail Chairperson, Box 3262, Nashville, TN, 37219 or Bertha Chrietzberg, Box 140, MTSU, Murfreesboro, TN. 37132.

TRIP REPORTS

Fiery Gizzard, 28-29 March, 1981 -

(This unusually long trip report is probably better suited for Backpacker magazine. But, since Jack did such an excellent job, it is printed in its entirety, exclusively for Tenn. Trails)

Saturday, March 28 was a great day for a hike down the Fiery Gizzard and up to Raven Point. Forty-one people had turned up at Grundy State Forest by 10:00 a.m. Fifteen had signed up for the day hike, which went as far as Raven Point and then out by way of the Bagenstoss farm. The remaining twenty-six had decided

to do the overnight and come out at Foster Falls the following day. That was a lot of people and must say something about the power of the press. They had read about the hike in the newsletters of the TTA and the Sierra Club. Both groups sponsored the hike.

Bob Richards treated us royally throughout this hike. His red carpet treatment started when he invited us to park our cars for safe keeping at the Conservation Dept.'s new South Cumberland Recreation Area Headquarters Building, which he and his trail builders occupied recently. After depositing riders and packs at Grundy State Forest, and after parking the cars at headquarters, eight drivers and Bob piled into a Conservation Dept. car to drive back to the forest. This ride was with some togetherness. In fact, Dennis Horn, the other hike leader, was sitting on my lap. This was the first time we had met although we had talked on the phone. I observed that he had a real nice voice on the phone but never imagined we could get so intimate so fast. The ride back was fast. When we got to the forest Bob told all assembled the authentic story of how Dan'l Boone named the Fiery Gizzard. He softened the impact of his tale by passing out free trail maps.

The sun was shining and the air was clean as we started our hike down the Big Fiery Gizzard Creek Gorge. The trail followed Big Fiery Gizzard Creek for four or five miles. However, we made our first stop after a couple of miles at the Pillars and at the adjoining Sycamore Falls. The more venturesome climbed the Pillars. Eventually everybody drifted down by the falls and relaxed - munching, wading, talking, or napping.

There was a fair amount of picture taking on the way down the gorge. The sights along the trail were at least pretty and at times spectacular. The falls and rapids as well as the wildflowers were camera-buff pleasers.

The spring flower experts in the group told us repeatedly and with considerable patience what name belonged to the flower we were looking at. The only ones I remember now were Hepatica(sp. ?) and Trillium. At any rate there were many colorful blossoms and some of them even smelled good.

We ate lunch on the bank of the creek at a point not far from where the trail began to ascend the escarpment. It was a good thing that we did refresh our inner persons and straighten out our socks at this time since the trail we had to follow first passed over extensive rock fields and then ascended to the top at a rather sharp angle. At the lunch site we were about seven hundred feet below the level of the plateau. I have to confess that on the last half of the way up I started experiencing pangs of guilt for having told people on the phone that this part of the trail was a three. I still remember distinctly that near the top I had resolved fully to call it a four in the future. But now, a week later, I'm beginning to waffle and I'm just about back to a three again. I just hope that most of the folks that may have been a little testy or a little ruffled by the steepness of the climb have forgiven me and, like me, are settled back and thinking of it as a three. Anyway, everyone make it to the top and those that wanted to walked out to the tip of Raven Point to get a grand view and their hair blown in the wind. Bob Richards was waiting at the camp. He led the day hikers out of the woods to a little country road and drove them back to their cars.

Those that remained found spots among the trees, set up tents, and learned how to get water out of the water pump. There is no doubt in my mind that a small cup of that water could replenish the iron in the blood of even the most run-down person. Supper time was fascinating. I made a number of observations. Ed Wilkinson concocts the most colorful drinks I've seen in

a long time. Ron Fell does gourmet cooking on hikes. Tom Rogers is deep into carrots and slumgullion. Kathy Dunlop prepares a dish with an oriental-sounding name which looks treacherous but tastes OK. Ed Wright and Lee Corbett produce tantalizing odors when they cook. Dave Stidham will eat almost anything.

After it got dark and the stars came out someone built up the campfire. Sidney Gregory led some real nice singing. To my mind the most notable round she led was an adaptation of a poem by Ogden Nash which went something like this:

"I think that I shall never see
A billboard lovely as a tree.
Indeed, unless the billboards
fall
I'll never, never, never, never,
never see a tree at all."

Perhaps we should have dedicated this to the governor. Ed Wright introduced us to an entertaining variety of twenty questions. And Dave Stidham got us involved in Aunt Myra, Ole Blue, and Uncle Fred. Somewhere during the saga of Aunt Myra and her rocking chair, the warmth of the fire, the exertion on the trail, and the anesthesia of my meatball and spaghetti dinner started to overwhelm me. I barely managed to crawl into my sleeping bag before I fell asleep. I understand the campfire activities continued for quite awhile - even to the point that Joe McCaleb almost got to finish his grizzly-bear story.

By 4: a.m. the wind had risen and was causing the treetops to moan loudly. The moon was visible intermittently - between the rapidly moving clouds. By the time I had zippered shut the tent fly I was convinced we would have a damp breakfast and that the hike out would be a wet one. Fortunately the rain didn't materialize. For the remainder of the hike our packs were dry. Tom Rogers was the first one up. I think he watched the sun rise at Raven Point. Everyone seemed to have recovered from

exertions of the previous day. By 8:15 a.m. we had eaten breakfast, packed our gear, and were on the trail.

The trail out of camp was easy to negotiate. As we moved along there were a few good views of Raven Point from the edge of a gorge opposite the point. From there the trail went cross country through the hardwood forest characteristic of the plateau. Some five miles from our campsite we began to descend through the rocks into the vegetation and pristine atmosphere of Laurel Creek Gorge. We ate lunch in the gorge some two hundred feet below the plateau level. With lunch inside and our shoes back on we rockhopped across Laurel Creek and ascended the opposite side. This seemed to be an easy ascent compared to the ascent of the day before. On top the trail touched the rim of Little Gizzard Creek Gorge in many places. In the last two miles of the trail there were many scenic overlooks. Many pictures were taken. The three hikers to reach Foster Falls first were Kirk Barton, Peter Gregory, and Michael Thompson, and this at about 1:30 p.m. Bob Richards and Ethlyn Wofford were waiting with a pickup truck. Hikers and gear were transported back to the headquarters building for doughnuts and soft drinks. A great way to end a hike.

-Jack Neff-

TTA members Sam Pearshall and Mack Prichard were recently elected to the TN Environmental Council Board as At Large Board Members. Evelyn Tretter is also on the Board as the TTA representative.

Lower Cane Creek Trail-Fall Creek Falls State Park - 11-12 April - Ten people made this backpack.

Big Ridge - 18 April - Nine persons, including the leader, braved threatening weather to appear at Big Ridge State Park at 9:30 a.m. on April 18. It had been raining since early dawn, but quit promptly at hike time. Since the Cannonball trail follows a narrow shelf along the shore of Norris Lake, we decided to take the safer Lake trail to Loyston Overlook for a view of the Loyston Sea section of Norris Lake. Dry weather has delayed the growth of ferns along the trail to the Overlook and many of the spring flowers are running late. We were a week to 10 days ahead of the Lady Slippers, which are showing buds now. All were impressed by the pink azaleas, or wild honeysuckle, and the crested dwarf iris that grow on a moist slope high on Pinnacle Ridge along the Big Valley Trail. These and the fish we could see from the top of Big Ridge Dam were the highlights of the day. In addition to the leader, those on the hike were Helen McGregor of Nashville; Wayland and Evelyn White McKinney, Knoxville; Pam and Kristi Corley, Kingston; and Ruth Lassiter, Fay Picquet and Sandra Plant of Oak Ridge. Evelyn McKinney logged more than 62 species of plants, flowers and items of interest along the trail. We covered some 7 miles of four trails, most of it in sunny weather, and finished shortly after 3 p.m. All rated the hike excellent.

-Evan Means-

radshaw's Further Adventures in Backpacking:

- (1) Backpackers don't get lost—they just get disoriented.
- (2) When eliminating unnecessary equipment before a trip, the first thing you decide not to take will be the first thing you need on the hike.



CARPOOL COORDINATOR for the Nashville area - Evelyn Tretter 859-0566

Nashville Chapter

New Officers for 1981 are Diane Davidson, Chairman; Betty Smith, Vice Chairman; and Evelyn Tretter, Sec./Treasurer.

The next meeting of the Nashville Chapter will be May 28 at Rockland Recreation Area on Old Hickory Lake near Hendersonville. Meet at 6 p.m. CST at the picnic shelter for a pot luck picnic. Bring food and drinks—plates, cups, forks, napkins will be furnished. The meeting will start at 7:30. Richard Coleman, Asst. Prof. at Vol State Comm. College, will present a slide talk on the Cohutta and Joyce Kilmer/Slickrock Wilderness

Areas. Remember!! Our trip to the Cohutta is 20 June, so this will be a good preview.

TRIP REPORTS

Old Hickory Trail - 5 April - About 27 people enjoyed the short Nashville Chapter hike on the Old Hickory Trail at Old Hickory Lake, and then followed the shoreline behind Dupont to the site of the WW I powder plant. Afterwards, the group had a fun weiner roast on the shore. An enjoyable, leisurely trip.

Murfreesboro Chapter

The Murfreesboro Chapter met on April 9 and Bob Richards, State Park Ranger for the South Cumberland Recreation Area, gave an interesting slide presentation on the trails in that area. There were summer and winter scenes in Savage Gulf and at Stone Door, Foster Falls and other scenes on Fiery Gizzard Trail, and the large cave mouth at the terminus of Buggy

Top Trail. He also had some good slides on building trail and trail bridges. Our thanks to Bob for an interesting evening.

The next regular meeting will be May 14 at 7 p.m. CST in Room 221 of the Old Gym, MTSU. The guest speaker will be Dr. Tom Hemmerly, who will give a slide talk on flowers of the Cedar Glades.

LITTER LIVES LONG

When you may be inclined to carelessly toss out a can or bottle to add litter to an otherwise beautiful outdoors, think for a moment...Pennsylvania State University researchers calculated these final degradation dates of our most prevalent roadside litter items: A steel or tin can will last until 2073; an aluminum can won't break down until the year 2113; and a glass bottle could be around until the year 1,001,972! It's expensive to pick up this trash! Tennessee taxpayers spent \$2.6 million last year on roadside litter cleanup. And the Department of transportation reports that it has budgeted over \$3 million for the same purpose next year. Only three states spent more money than Tennessee for litter removal. This certainly is not a record we can be proud of.

Backpackers beware!

That beautiful mountain lake or creek may look pure to a thirsty hiker or hunter. But think twice before drinking from it. The government's water detectives have found *Giardia lamblia*, a tiny microorganism, in some waters thought to be pristine.

The minute parasite has been found in the small intestines of

amphibians, birds, beavers and muskrats. When ingested by humans it causes *Giardiasis*, or backpacker's disease. The result: abdominal cramps, diarrhea, nausea, vomiting, gas, low-grade fever, chills and headaches. If you do drink that mountain water, boil it for about 20 minutes to kill the *Giardia* cysts.

CALENDAR OF EVENTS - 1981

1-3 May - Nature Extravaganza at Land Between the Lakes and Lake Barkley State Park. Includes nite hikes, bird walks, wildflower hikes, biology trips, square dancing, fish fry, gardening, astronomy, fishing, etc. Contact Program Coordinator, TVA-LBL, Golden Pond, KY 42231. (502-924-5602 ext. 238).

23 May - Meriwether Lewis National Monument/The Farm (see this newsletter).

14 May - Murfreesboro Chapter Meeting (see this newsletter).

15-17 May - TN Valley Citizens Forum Conference on TVA, "Tales of Power", Methodist Assembly Campground, Crossville. Meals, lodging and camping are available at the campground. Address questions to Louise Gorenflo, Conf. Coordinator, Rt. 6, Box 526, Crossville, TN, 38555 (788-2736).

16 May - Warner Parks Spring Fungus Hike--Warner Park (Nashville) Nature Center, 352-6299.

17 May - River Bluff Small Wild Area (see this newsletter).

28 May - Nashville Chapter meeting (see this newsletter).

30 May - Lady Finger Bluff Small Wild Area (see this newsletter).

31 May/24 June - Sav-A-River Days: floats on Ocoee, Chattooga, Nantahala, French Broad, with proceeds going to the American Rivers Conservation Council. Costs range from \$14 to \$35 for different trips. Other river trips also available throughout the nation, April thru November (For info, write ARCC, 323 Pennsylvania Ave., SE, Wash. DC 20003).

6 June - Stinging Fork Pocket Wilderness-Piney Falls - Devil's Hole Gorge State Natural Area -- David Rhyne (745-4289/336-2211).

12-14 June - TSRA Canoeing School - Ronnie Nichols (331-0213).

14 June - Narrows of the Harpeth - Jim Perrin (297-2929/322-7457).

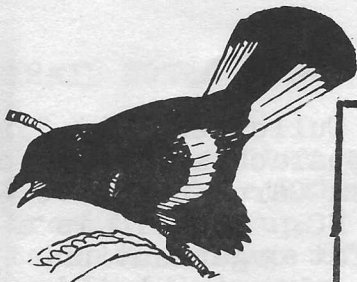
20-21 June - Cohutta - Big Frog Wilderness backpack - Glen Hanley (890-4113/898-2104).

27-28 June - Roan Mt. - Little Hump Bald backpack - Mike Dahl (933-0883/588-7695).

26 June-3 July - Cullowhee '81, 23rd meeting of the Appalachian Trail Conference at Western Carolina University, Cullowhee, NC. The ATC is a private, non-profit organization formed in 1925 to promote, build, and maintain the Appalachian Trail. This meeting is held every 2 years to conduct business, elect officers, exchange ideas with members of the trail community, and hike. There will be panel discussion, workshop sessions and hiking during the day, and entertainment during the evening hours. Registration fee is \$12 for ATC members, \$15 for non-members. Inexpensive meals and lodging are available on the campus. Requests for info should be sent to Jim Botts, Chairman, Cullowhee '81, Rt. 3, Hwy. 95, Lenoir City, TN 37771.

28 June-1 July - The Sixth National Trails Symposium, sponsored by the National Park Service and the National Trails Council, will be held at the Univ. of California at Davis. The Symposium will be a combination of field trips and workshops. There will be tours of trail facilities in the San Francisco Bay Area, a raft trip on the American River, and sessions on finance, marketing, trail design, operation, and maintenance; and organization building and strengthening. The registration fee of \$40 per person includes attendance at all the indoor program modules, 3 field workshops complete with bus transportation and raft trip, a barbeque, wine-tasting and a banquet. It also includes a workbook which the participant can take home for future reference. Housing and food costs on the campus run from \$90 to \$132 per person. For information regarding reservations and housing, contact Beth Clark, Conference Assistant, 4475 Chemistry Annex, University of California, Davis, CA 95616. The deadline for reservations is June 1.

24-25 Oct - TTA Annual Meeting, Cumberland Camp, Crossville



Send material for TENNESSEE TRAILS

to: David Stidham, Editor

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Goodlettsville, TN 37072

The deadline is the 20th of each month. If possible, submit material camera ready, typed in a full $3\frac{1}{2}$ inch column. Artwork is welcomed.

TENNESSEE TRAILS ASSOCIATION INC.

OBJECTIVES: To promote, construct, and maintain a state wide system of hiking trails, and to work for the conservation of natural resources inherent to this objective. Sponsor for the Cumberland Trail.

TTA Officers-1981

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Coresponding Secretary-Treasurer

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Recording Secretary

Evelyn Tretter-Goodlettsville

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Grimes Slaughter-Oak Ridge

1981-1982

Sharon Patterson-Lebanon

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Diane Davidson-Nashville

Chairman-Nashville Chapter

Mike Rice-Murfreesboro

Chairman-Murfreesboro Chapter

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