



# TENNESSEE TRAILS

OFFICIAL PUBLICATION OF THE TENNESSEE TRAILS ASSOCIATION, INC.

VOLUME XVII, No. 4

APRIL 1986

## New Tennessee Trails Editor

- By David Stidham -

Beginning with this issue of Tennessee Trails, the Tennessee Trails Association has a new editor, Ms. Dot Fowler of Nashville. Dot brings to the editorship, expertise in technical writing and use of microcomputers. She is excited about working with the newsletter. I urge you to give her the support and cooperation (including meeting her deadlines) both myself and Evan Means enjoyed while being editors. As editor, Dot will also serve on the TTA Board of Directors.

## Cumberland Trail, Its Time Has Come

- By David Stidham -

The TTA Board of Directors and the Cumberland Trail Committee (a permanent committee of TTA) charted new directions for the future of the Cumberland Trail at the recent board meeting. These exciting prospects for the future of the CT are merely a fruition of the groundwork YOU laid at our annual meeting last October at Tech Aqua.

Based on your assessments of how the CT can finally become a reality, the Board took several actions to accomplish this goal. One of the important steps is to publicize and promote the CT among user groups, adjoining communities, TTA chapters, and individual members. In doing this, the CT will be promoted as more than just a long distance trail to "compliment" the Appalachian Trail. More importantly, the CT will also be envisioned as a series of day hikes for enjoying the beautiful Cumberland Mountains and linking communities with recreational trails.

equally important to the future of the CT is a definite plan, both long range and short, which TTA will be pursuing.

Two of our objectives for the upcoming months are maintenance of Section II of the trail (Caryville to Oliver Springs), and completion of a new section to connect the completed Brady Mountain section with Bowater's Piney River Trail.

Look for announcements of Cumberland Trail weekends on March 29-30, May 30-June 1, June 28-29, August 24-25, and November 29-30. There will also be an official dedication of the Brady Mountain section this fall.

Oh, another thing...all CT work weekends will be a combination of work on one day and fun on the next! So, come on out and support our efforts to see the Cumberland Trail become a reality!

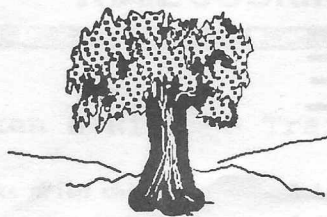


## Adopt-a-Trail

### CHAPTER COORDINATORS

NASHVILLE -- Pat Anderson  
CUMBERLAND MOUNTAIN -- Howard  
Ray Duncan  
MEMPHIS -- Bob Barnett  
MURFREESBORO -- ??  
CHATTANOOGA -- Jeri Shutters

## NEWS FROM OUR PARKS



### Percy Warner Park Trails

The Warner Park Nature Center reminds TTA members to enjoy the two hiking trails that meander through Nashville's 2,058 acre Percy Warner Park. Both trails begin at the Deep Well picnic area off Highway 100 near Vaughn's Gap Road. Maps are always available in the main trailhead sign at the nature center (7311 Hwy. 100, just west of Old Hickory Boulevard).

Opened in the fall of 1985, the Mossy Ridge Trail is a 4.5 mile loop, blazed in red with a Moderate difficulty rating. This trail winds up and down beautiful wooded hills into gentle hollows, through open meadows, over dripping springs, and across moss-covered slopes.

The Warner Woods Trail, also rated as Moderate, is a 2.5 mile loop with white blazes and was opened in 1978. It remains in secluded upland and lowland woods and offers hikers unique encounters with surprisingly large trees.

The Nature Center wishes to remind TTA members that these trails would greatly benefit if adopted by local hikers who could walk them occasionally to help keep pathways defined and who could let the staff know of any problems or hazards that arise. The Nature Center staff maintains all nine hiking trails in the park (7 in Edwin Warner and 2 in Percy Warner). For more information, contact:

Nature Center at 615-352-6299 between the hours of 8:00-4:30, Monday through Friday. Happy Hiking!

### Montgomery Bell State Park

SPRING FESTIVAL  
April 12-13, 1986

Montgomery Bell State Park will again be hosting an annual Spring Festival. It will include nature-related programs and hikes. For more detailed information, contact:

Andra Fuson 615-797-3101

## TTA SUPPORTER NEWS

### SMOKY MOUNTAIN BACKPACK

May 25 - June 1, 1986

Smoky Mountain lovers, come with me on this beautiful 68.6 mile backpack. We will leave on May 25 from Smyrna, TN at 9:00 a.m. and drive to Fontana Dam. The return trip will be made on Sunday, June 1. The cost will be \$45.00 per person which will cover transportation. Pre-registration is mandatory (3 wks. notice, please) with a maximum of 7 persons. It will be first come, first serve. Equipment will be available, if needed, at a nominal fee.

We will be averaging about ten miles per day. A pre-trip meeting will be held at 6:00 p.m. on May 24, at the National Guard Armory, Smyrna Airport, Smyrna, TN. Parking will be available at the Armory for those of you going on the trip. This should be a grand time for wild flowers and wildlife. See you in May!

Contact: Arthur M. Yates  
Outdoor Experiences  
Smyrna, TN  
615-252-3450, ext. 222  
615-459-5661, ext. 222

### Trail Report BIG SOUTH FORK CLUB FROZEN HEAD MOUNTAIN

Members of the Big South Fork Hiking Club sent word that their trip to Frozen Head Mountain State Park was a beautiful success (March 8). Frozen Head peaks at 3300 feet, making it the 2nd highest of the fourteen mountains in the Cumberland range. The hikers, however, were able to add the additional height of a fire tower, which completed the needed elevation to provide a circular view of the entire Tennessee Valley and of the distant Smokies.

Their approach was via the S. Old Mac Trail, which we're told is somewhat difficult. Fortunately, weather was ideal, adding to the wonder of the day. Far below, the hikers could see Brushy Mountain Penitentiary and the town of Petross.

The group unintentionally divided for the return trip as one segment of the group followed Spicewood Branch Trail, while the others took the North Old Mac. Unfortunately, the latter trail was extremely difficult and only at the end was it learned that the trail is closed. Regardless, we are told, the sixteen hikers felt personally rewarded for a day spent in this incredible natural area.



## CHAPTER NEWS

### Cumberland Mountain Chapter

April 19th is the date for the grand opening of the Bandy Creek Recreation Area. Such dignitaries as Donald Model (Sec. of the Interior), Congressman Jim Cooper, and former Senator Howard Baker will be on hand for the ceremonies which begin at 10:00 a.m. CST. You are invited to join in the festivities. More on the Bandy Creek area will be given in the next edition of Tennessee Trails.

-Steven Burke

#### PICKETT STATE PARK April 19 & 20

The Cumberland Mountain Chapter will be having its annual "Weekend of Fun" at Pickett State Park again this year. Everyone is invited to come to Pickett and share in the fun. Slides will be shown, stories told, and chili consumed. Don't miss this great event. Contact:

Howard Ray Duncan 615-879-8245  
Rt. 3, Box 451  
Jamestown, TN 38556

#### BIG SOUTH FORK WILDFLOWER PILGRIMAGE May 2 & 3

The Cumberland Mountain Chapter will be sponsoring several of the hikes in this year's Big South Fork Wildflower Pilgrimage. Other participants include the National Park Service, Tennessee Division of Forestry, and Pickett State Park. There will be an orientation session on Friday, May 2, at 7:00 p.m. (CST) at the Bandy Creek Recreation Area Campground. The schedule includes a total of ten hikes and tours, all being led by experienced hike leaders. Camping is available at Bandy Creek and at nearby Pickett State Park.

Plan to enjoy the beauty of the Cumberland Plateau in the springtime. For more information, contact:

Fentress County Chamber of Commerce  
P.O. Box 496, Jamestown,  
TN 38556, 615-879-9948  
or,

Howard Ray Duncan 615-879-8245  
Tom Sells 615-879-7759  
Steven Burke 615-879-7770

#### TRIP REPORT: ROCK CASTLE BUSHWHACKER'S TRIP March 15, 1986

March 15th turned out to be a beautiful spring day to explore Rock Castle. Four Cumberland Mountain Chapter members showed up to hike into the steep side gorge formed by Rock Castle Creek. Due to recent heavy rains, the three waterfalls and various cascades were flowing well. An added treat was a single yellow violet in bloom and lots of trailing arbutus. We finished up the trip with a hike to an impressive overlook of Rock Castle Gorge, soaking up the March sunshine for a spell.

-- Howard Ray Duncan

### Memphis Chapter

#### DATE CHANGE OF CHAPTER MEETING April 10, 1986

The April chapter meeting will be held on April 10th instead of the 17th, as we will have a special program about the Cumberland Trail. Park Manager, Bobby Harbin, from the Cumberland Scenic Trail will be in charge of the program.

I realize that this change of date will cause a conflict for some, but he is travelling 400 miles out of his way to present this program for us.

We will also have more information to present about our work trip on the CT (the last weekend in May). Please join us at 7:30 p.m. at the Kingsway Church, April 10th. For more information, contact: Jerri Bull, 363-4408.

NATHAN BEDFORD FORREST  
STATE HISTORIC AREA  
April 19 and 20, 1986

Two separate hikes will be held as follows:

Sat., April 19 -- Tennessee Forest  
Trail, 8-9 miles  
Sun., April 20 -- Johnsonville  
Redoubts Trail, 5 miles.

Meet at the Park headquarters. The hike will begin promptly at 10:00 a.m. A carpool will leave the Kingsway Christian Church, 6310 Poplar Ave., at 6:30 a.m.

This is a fairly rugged area and the Saturday hike includes a climb to Pilot Knob (highest point in West Tennessee) with a beautiful view of the Tennessee River. Flowers should be in bloom, adding to the beauty of the park.

There is a nice campground in the park which is usually not crowded. Anyone wanting to camp, but without equipment, is welcome to share with those of us who spend the night. For additional information, contact:

Betty Porter 901-363-0215.

#### WOLF RIVER HIKE

April 26, 1986

At our February meeting, some members of the Memphis Chapter expressed an interest in hiking along the Wolf River, beginning at Shelby Farms. Mr. Larry Smith, who is a member of the Wolf River Conservancy, will lead this hike of approximately 8-10 miles.

If interested in learning more about the Conservancy and its plans for this area, join us at 7:15 a.m. in the parking lot at the Agri-Center building at Shelby Farms. Bring food, water, insect repellent, and wear comfortable shoes and clothing. For more information, contact:

Ms. Lynn Bowers, 767-7329 or  
Jerri Bull, 901-363-4408

#### SPRING IN THE FOREST SHELBY FOREST STATE PARK

May 3, 1986

Memphis' annual spring trek in the woods, with all day displays, hikes, pontoon boat rides, demonstrations, wildflower walks, and much more will be held on May 3rd. Our hike to Pioneer Springs will begin at 9:00 a.m., at the Recreation Lodge at the south end of Shelby Forest. The TTA hike leader will be Anne Lindholm. For more information, contact:

Gary McEntire (Ranger Naturalist),  
876-5215.

#### FALL CREEK FALLS STATE PARK

Pikeville, Tennessee

MAY 10-11

Mark your calendars, Tennessee Trail folks! Come and join the Memphis Chapter at Fall Creek Falls State Park. We plan to spend the weekend camping, hiking, exploring waterfalls and wildflowers, and enjoying good company.

At 8:00 a.m., Saturday morning, we will hike the Cane Creek Upper Loop, which is 13 miles (i.e., an all day project). Saturday night will be picnic time in the campground, and on Sunday, "early bird" hikers can take a short hike with me at sunrise (destination to be announced Saturday night at picnic). Breakfast will follow and then we plan to top off the weekend with a 9:00 a.m. hike on the Paw Paw Trail. Please plan to join us!

Leader: Bob Barnett, 901-767-9347

#### TRIP REPORT:

#### CROWLEY'S RIDGE AND LAKE FRIERSON STATE PARKS

On February 22, Memphis Chapter members travelled to Arkansas to traverse the trails at the above parks.

Both parks are small but by hiking the mildly hilly and meandering Dancing Rabbit Trail, the short but interesting Spider Creek Trail, by circling Crowley's Ridge's lake, and the levee trail of Walcott Lake, we were able to work up an ample appetite for lunch.

After lunch, we journeyed five miles south to Lake Frierson State Park where we hiked the "official trail" and found it lacking. We compensated by hiking as much of the shoreline as we could without invading farmers' fields or attempting to walk on water! Somehow, despite the small size of these two parks, we managed to hike about eight miles.

For future reference, Lake Frierson is renowned for dogwood blossoms in spring. The campground at Crowley's Ridge is a nice stopping-off point before venturing north to Arkansas' Mammoth Spring, Missouri's springs and rivers, and the "Show Me" state's Elephant Rocks and Johnson Shut-Ins.

- Bob Barnett

#### Scenic Trails of The Tennessee Trails System



#### • Chapters

Murfreesboro  
Memphis  
Nashville  
Cumberland Mountain  
Chattanooga

#### Trails

- |                               |                                |
|-------------------------------|--------------------------------|
| 1. Appalachian Trail          | 5. The Trail of Tears          |
| 2. Trail of the Lonesome Pine | 6. The Natchez Trace           |
| 3. The Cumberland Trail       | 7. The Chickasaw Bluffs Trail  |
| 4. The John Muir Trail        | 8. Over Mountain Victory Trail |



## Murfreesboro Chapter

LONG HUNTER STATE PARK  
WILDFLOWER HIKES  
April 5, 1986



Join us for guided wildflower tours at Long Hunter State Park. This park lies along the shoreline of Percy Priest Lake and touches three counties: Davidson, Rutherford, and Wilson. We will observe the unusual flowers of the "cedar glades" in the morning, have lunch in a picnic area beside the lake at noon, and hike a portion of the Volunteer Trail in the afternoon to see the white trout lilies, trillium, toothwort, and others. Bring lunch and a beverage and join us for an easy hike, a family-type outing.

Meet us at 9:00 a.m. (CST) at the Couchville Lake Parking Area of Long Hunter State Park. From Nashville, take Murfreesboro Road east to Hwy. 171 (Hopson Pike). Turn north (left) and go approximately five miles, crossing the lake. The entrance to the park is on your right. Drive all the way in to Couchville Lake. From Murfreesboro, take Hwy. 41 (Broad Street) northeast toward Nashville, turning right on Hobson Pike (Hwy. 171).

Contact: Supt. Reggie Reeves  
Long Hunter State Park  
(615) 885-2422  
or, Bertha C. Chrietzberg  
(615) 896-1146

TWIN FORKS TRAIL  
MAINTENANCE  
April 12, 1986

Saturday, April 12, a work day on the Twin Forks Trail in Rutherford County is scheduled. Meet at 8:30 a.m. in the parking lot at Walter Hill Recreation Area which is North of Murfreesboro on Hwy. 231. Bring your lunch, water, and a camera, as wild flowers will be in bloom. Tools and lots of hard work will be provided.

Contact: Arthur M. Yates (Smyrna)  
615-252-3450, ext. 222  
615-459-5661, ext. 222



## Nashville Chapter

CHAPTER MEETING  
April 24, 7:30 p.m.  
Cumberland Museum

We are thrilled to have Reggie Reeves, Superintendent of Long Hunter State Park, as our speaker this month. Since we have adopted the Volunteer Trail in Long Hunter, this meeting should be very informative as well as interesting. Please plan to be there!

HISTORIC RIDGETOP TUNNEL  
April 12, 1986  
Class II, 3 miles

All ye adventuresome spirits and history buffs, come forth! Meet in front of Goodlettsville High School (Davidson County) at 1 p.m. for an afternoon of poking around the abandoned rail line that once led over the Highland Rim from Nashville to Evansville and which was built prior to the Civil War.

The present tunnel under the Ridge, which carries the main line of the Seaboard System Railroad, was completed in 1902 and completely bypassed the resort town of Ridgetop. So, the town became accessible to rail passengers only by carriage road from the new rail station near the tunnel entrance.

Wildflowers should be abundant, some of which remain unclassified by the amateur botanists within the local group. We will follow both the rail and carriage routes on a circular tour.

Contact: John Hart, 615-833-7546

TRIP REPORT:  
MONTE SANO STATE PARK

On Sunday, March 2, six Nashville Chapter members gathered in Huntsville, Alabama to carefully plan the day's hike on the Mountain Mist Trail in Monte Sano State Park. This advance planning was necessary as none of the group had hiked this trail previously.

With trail maps, topo maps, and innumerable compasses in hand, the gang elected to bushwhack part of the way down, then, back up an old logging road (which no doubt became impassible in the late 1920s and which has, no doubt, not improved a bit since then). This strategy of bushwhacking the first two miles proved valuable in that it made us,

exhausted as we were, really appreciate the five miles of the Mountain Mist Trail. It was exactly where it was supposed to be, even though the map was printed backwards which meant we were coming when we thought we were going.

Panther's Knob, found on a side trail, was an unbelievable experience. The Stone Cuts were beautiful and fun to explore. They are definitely worth the effort it takes to get there.

All in all, it was a beautiful day to hike, and a great trail to experience. WE HAD A GOOD TIME!

-- Pat Anderson

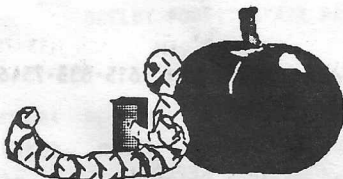
#### TRIP REPORT:

##### PERCY WARNER PARK TRAILS

Sunday, March 9, found fourteen Nashville Chapter members and twelve guests hiking the 4.5 miles of the newly completed Mossy Ridge Trail in Percy Warner Park (See separate writeup on these trails). All of us have to say, "Thank you, Park Staff Members...You did a great job!" This is a beautiful and challenging trail which is right in our own backyard.

Thanks go also to the gals from the Grand Ole Opry, the folks from Pennington United Methodist Church, and the new friend we met at the trail head, for joining us on this weather-perfect day. We hope to see you all again on future TTA outings.

-- Pat Anderson



#### BOOKWORM'S CORNER

A couple of books were recommended to me recently:

Doctor Woman of the Cumberlands, by Mary C. Wharton, M.D., published by Parthenon Press. Evelyn Tretter and John Hart explored some of the Cumberland Plateau region described in this book. Perhaps one of them will give us a write-up on their findings.

John Hart recommended Sequatchie: A Story of the Southern Cumberlands, by J. Leonard Raulston and James W. Livingood.

If others of you know of books, articles, etc., which you think would be of interest to the rest of us, please let me

know. A short synopsis would also be in order. Additionally, if you know of one of our TTA members being published, please pass the word along so that we can not only give our congratulations, but can read their work as well. In fact, I would like to compile a bibliography of TTA members' writings, past and present. So, Published Authors, put your modesty aside and send me a list of your accomplishments!

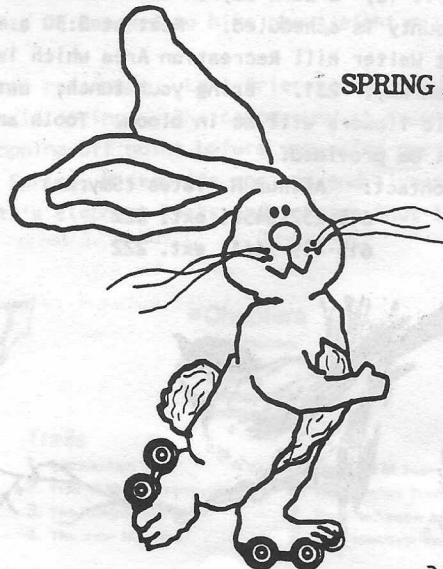
## HIKER'S NEWS

Victoria and Bob Richards are proud to announce the birth of their son, Jessie Bob, born Tuesday, March 4th, and weighing in at 7 lbs. 9 oz.

Wedding Bells are ringing for Rhonda Turner! Although the date has not been set, Rhonda will marry John Snyder, a paddler, hiker, and backpacker from Jefferson City, TN. Rhonda and John plan to settle in the shadow of the great Smoky Mountains, searching for a place where they can "put-up" a few hikers, and paddlers for the weekends, not to mention Rhonda's assorted animals! Congratulations to you both!!

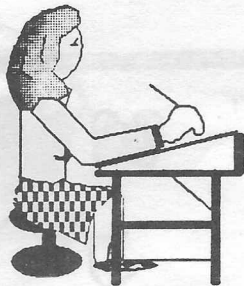
Bob Barnett reports that he managed to surpass his 1985 hiking goal by passing the 1000 mile mark on October 1st. His hikes last year took him to trails in Alabama, Arkansas, Connecticut, Maine, Maryland, Massachusetts, Mississippi, Missouri, New Hampshire, New York, etc., not to mention the best state of all...Tennessee! Whew! It can give you jet-lag (foot-lag?), just thinking about it! Anyway, Bob hopes to surpass his 1985 mileage this year and would like to walk in each of Tennessee's 95 counties. Happy Trails to you, Bob!

#### SPRING FEVER!



J.T





### EDITOR'S TIDBITS

- Dot Fowler -

Greetings, Tennessee Trailers! Sorry, I couldn't resist the pun. I am happy to be helping a great organization like TTA by being editor of your newsletter. Hopefully, we can work together to make this the best year yet for TTA.

For the present, I would like to keep the copy deadline the same (15th of the month). Your cooperation in meeting this deadline will be a great help to me. My address is:

5319 E207 Nolensville Road  
Nashville, TN 37211  
615-834-3654

If you call & I am not at home, my code-a-phone will answer on the third ring. Be prepared for strange messages...I tend to get a bit bizarre. Anyway, you are given only 30 seconds of message time, so if you need more of my time than that, call me at work (615-329-0031, ext. 228).

When submitting copy to me, please label your material with your name and your chapter name. Supporting Members and "Parks People", please let me know which category you fall into, since I won't know.

Several members have expressed the desire to learn more about TTA's history, board members and officers. If someone(s) is interested in writing a series of articles on these folks and/or on the history of TTA, please let me know. They would need to be restricted to a page or less each in length.

Anne Thurman (Nashville Chapter) has volunteered to submit articles on new members, new hikers, and miscellaneous news about hikers from the Nashville chapter. If you would like to have your chapter represented in these columns (Hiker's News and New Hikers), submit copy to me. Nashville members can submit your information for these columns to Anne at:

292-1598 (Hm)  
322-3390 (Wk)  
2000 24th Avenue S. # 5  
Nashville, TN 37212

Finally, we may be able to use some photographs in future issues. More details on that in next month's issue.

I apologize if your reports do not appear exactly as you wrote them. We had a lot of information turned in this month which limited the amount of space available.

### NEW HIKERS

- Anne Thurman -

The Nashville Chapter was honored to meet the following hikers recently:

Darryl Hirt, M.D. is a Research Fellow in the Department of Nephrology at Vanderbilt University Medical Center. Although born and raised in Texas, Darryl spent many years in Michigan where he fell in love with cross country skiing and hot chocolate! Thanks, Darryl, for joining us on the Middle Creek Trail Snow Hike in Jamestown!

Tom Janzen moved to Nashville from Knoxville in the Fall of 1985. He works for the Royal Insurance Co. as the assistant claims manager. Recently, Tom visited one of our chapter meetings.

A systems engineer with IBM, Tom Giddens is a native Nashvillian whose blood runs bright ORANGE (a "never say die" UT fan)! Thanks, Tom, for leading the bushwhacking adventure at Fall Creek Falls!

Formerly of Ft. Meyers, Florida, Debbie and Rick Dreves moved to Nashville three months ago. Debbie is a creative consultant in marketing for Channel 4, and Rick works with Powell Advertising. We appreciate you two joining us on the Fall Creek Falls hike and WELCOME to Nashville!



## TRAIL COOKING

### Chicken & Rice -- Trail Version

8 oz. freeze-dried chicken	1 tsp. pepper
2 oz. dried onion flakes	1 Tb. crumbled tarragon
2 oz. dried celery flakes	2 chicken bouillon cubes
1 oz. dried mushrooms	1 Tb. butter
3 C. water (or 1/2 water, 1/2 white wine)	8 oz. (2 1/2 C.) instant rice
1 tsp. salt	

In large kettle, combine chicken, onions, celery, mushrooms and 2 cups of water. Let stand for 10-15 mins. Stir in salt, pepper, tarragon, bouillon cubes, & butter. Cover, heat to boiling, then simmer for 15 mins. or until all ingredients are tender & blended. Add rice and remaining water. Cover, heat to boiling, then remove from heat & let stand for 10 mins. or until rice is tender.

6-8 servings

Happy Easter !



Dot

**OBJECTIVES:** To promote, construct, and maintain a statewide system of hiking trails, and to work for the conservation of natural resources inherent to this objective. Sponsor for the Cumberland Trail. Regular dues are \$8.00 per year; \$3.00 for students and family dependents.

#### TTA OFFICERS -- 1986

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VICE - PRESIDENT: Bob Barnett, Memphis  
PRESIDENT - ELECT: Howard Ray Duncan, Jamestown  
CORR. SECRETARY/TREASURER: Dot Lingerfelt, Chattanooga  
RECORDING SECRETARY: Evelyn Tretter, Goodlettsville  
IMMEDIATE PAST PRESIDENT: Evan Means, Oak Ridge  
EDITOR: Dot Fowler, Nashville

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Everett Kidder, Chairman Chattanooga Chapter

P.O. Box 4913  
Chattanooga, TN 37405



Evan Means  
200 Butler Road  
Oak Ridge, TN 37830

