



Tennessee Trails

SUMMER HIKING HAZARDS: THE HEAT

As we enter summer, the thought of leaving a cool, air-conditioned home to hit the trail, provokes, shall we say, a less than positive thought concerning hiking, and often being outdoors in general. In fact, a guess could be ventured that many of us indeed wish we had chosen another activity altogether in which to be interested !!

We need not have this attitude. As we know, hiking in any season has its potential dangers, as well as its own rewards. In summer these hazards include heatstroke and heat exhaustion, as well as encounters with the various denizens of the forest. The well-informed hiker, by taking a few precautionary measures, can enjoy outdoor activity year round.

Here are a few tips on the cause and treatment of heat-induced illnesses, and how to avoid them.

Your brain is critically interested in maintaining a comfort range of 97 to 100 degrees Fahrenheit, which averages out to be 98.6. When things get too warm inside, your brain's thermostat, the hypothalamus, triggers a process that dilates the blood vessels near your skin. Your skin warms through increased blood flow, and air circulation pulls the heat away from your body. The air also evaporates the sweat on your warm

skin, which cools the blood as it returns to your body's core, including the brain, keeping everything within a healthy temperature range.

However, prolonged exposure to heat and high humidity prevents evaporation, which accounts for nearly 100 percent of your heat dissipation during physical stress. You can avoid heat illness and keep your cooling system working by following these simple rules:

A) Allow yourself time to acclimatize. Early in the hot season or early into a trip to an area hotter than you're used to, go easy for the one or two weeks it takes your body to adjust to increased temperatures. You can't handle the heat overload right away.

If you do push it too soon, you may experience painful heat cramps, which usually affect the legs and sometimes extend into your abdomen. Excessive sweating depletes salt stores, and pain results from muscle overuse. Though the discomfort may be great, the problem isn't serious. Merely stop and rest. Stretch and rub the hurting muscles. Drink water than has been lightly salted (one-fourth to one-half teaspoon per liter). If salt is not available, munch some salty snacks.

When you feel rested and relaxed, resume your hike. If the pain returns, take the rest of the day off, since overusing a salt-depleted muscle can result in permanent injury.

B) Don't take salt tablets in an effort to prevent heat cramps. Your body needs to get rid of excess salts, so it flushes them out with valuable water, increasing the rate at which you dehydrate. Salt tablets are 5 to 10 times stronger than necessary and should never be taken with less than one liter of water per tablet.

C) Avoid alcohol. It blunts the function of your hypothalamus, tricking your brain into thinking it's better off than it really is. Alcohol increases your dehydration rate and causes your blood vessels to dilate, so when your rate of evaporation slows, you absorb heat from the environment faster.

D) Avoid antihistamines. Some of the stronger medicines block your sympathetic nerves, which stimulate sweating. No sweat means no evaporation and no cooling.

E) Shed a few pounds. Body fat reduces your ability to shed excess warmth. People who do well in extremes of heat tend to be long, lean heat-dissipaters, while cold-weather enthusiasts are more often

heat-retainers.

F) Wear loose-fitting clothing, which lets air and moisture flow in and out over your hot body. Wear a hat, especially one with a wide brim to shade your heat-sensitive brain.

G) Drink plenty of water during periods of physical stress to prevent dehydration.

H) Slow down during the hottest part of the day, say around 2 P.M.

I) Rest. It's a simple sounding suggestion, but it's vitally important when heat and humidity are high.

Having discussed preventative measures, let's turn to identification and treatment of heat illness. Profuse sweating and loss of fluids can lead to a severe, shocklike condition known as heat exhaustion. Fatigue, headache, nausea, vomiting, pale and sweaty skin, and a rapid heart rate are all symptoms. Your body core temperature may rise to 104°F, and you may feel light-headed. Exhaustion demands rest, preferably in a cool, shady place. Replace the fluids lost by drinking water, a minimum of one to two quarts. Cold water is best because it will be utilized more readily by your

overheated body. Add salt to the water, but no more than a teaspoon per liter. Remove or loosen clothing, sprinkle water on your skin, and fan yourself to increase the evaporation rate.

The real problem is exertional heatstroke, which is caused by a high level of physical stress and dehydration. When this occurs, you are probably wet with sweat, red, and hot to touch. Delirium, combativeness, and difficulty staying conscious are tell tale signs of being far too hot. Your overtaxed heart may reach 240 beats per minute.

The decrease in oxygen to your brain may cause a seizure, raising your body temperature even higher. If your core temperature reaches 105°F, you have achieved heatstroke. Left untreated, you have an excellent chance of dying. At about 106°F, the human body loses the ability to control its own temperature. From there, the victim's temperature may skyrocket, and saving his life will mean cooling him as quickly as possible.

Do not give him anything to drink unless he is awake and coherent. Liquids do little to lower temperature, and the risk of choking is high.

Get him out of the sunlight and remove his clothing. Wet him down and fan him vigorously. Use cool or tepid water, but do not sponge on alcohol. If cold packs are available, place them in the armpits, groin and behind the victim's neck.

If a cold mountain stream runs nearby, place him in it, but keep his head above water. A heatstroke sufferer does not have a fever, so do not give him fever-reducing medications.

After he has cooled, recheck him at least every half hour for the next three to four hours. Rebound temperature rises are common. Evacuation to a medical facility is recommended.

Prevention of heat illnesses is an act of discipline. Walk softly and carry a big water bottle. Drink because you know you should, not because you feel thirsty. A liter every hour is reasonable in extreme conditions, or half that on a hot day. Follow the rules and enjoy nature year round. See you on the trail!

This information was distilled from "Summer Heat Illness," Backpacker, August 1989, 50-51.

State News

Message from the President

Board Meeting and work day on C.T. June 2nd.

Thanks to all who came to Cove Lake State Park for the June board meeting. It was good to see so many again, and we especially thank Bobby Harbin at Cove Lake for making us feel welcome and providing an excellent meeting place. We also thank Bob Brown and

the staff at Cove Lake for taking us on the C.T. on Saturday morning for a little work on a section of the Laurel Grove area.

Awards

I would like to remind all TTA chapters and members to send in nominations to me or bring them to the next board meeting for the TTA award and the Bill Stutz Award, which will be presented at the

annual meeting in November.

TTA AWARD - Any voting member can make a nomination to the Board for the recipient of this award. The award is to be presented for outstanding contributions to the association or for furtherance of trails and natural resource programs and opportunities in Tennessee.

BILL STUTZ AWARD - Any chapter or voting member can make a nomination to the Board for the recipient of this award. The award is to be presented to an active hiker for his or her individual contribution to the Association or one of its chapters. -- Jerri Bull

Membership Lists

The TTA treasurer, Dot Lingerfelt, prints a new, up-to-date membership list, by chapter, two or three times each year. These are furnished to state board members. Others who wish a copy may contact their chapter chairperson, or Dot at P.O. BOX 4913, Chattanooga, Tn. 37405. Cost of the list will be approximately \$2.00.

New Editors

We, Randy and Beth Hammontree, have agreed to become the newsletter editors. Bear with us as we learn the ropes. We need your input and appreciate your help.

EAF Fundraiser

The Memorial Day EAF fundraiser, at the Williamson County farm of Dan Sherry, was the most successful to date, raising approximately \$2,300. State Senator Douglas Henry, Jr., Rep. Mike Kernell, EAF lobbyists Mike Murphy and John Williams, and TTA's EAF rep Bob Barnett were among those present. Bob sends a special thanks to all those donating of their time to make this event a success, and especially to Mr. Sherry for the use of his farm! For EAF info, contact Bob Barnett at 831-1136.

Legislative News

There will be no golf course at the Rock Island State Park; in fact, no new golf courses in any Tenn. State Parks. This is due to the recent defeat of a bill in the

state legislature that would have allowed 10 additional golf courses to be built in parks throughout the state.

As well, a proposal to drain Tennessee's Wetlands was shelved, at least until next year. Although this was viewed as a victory for environmentalists, a bill to fund land acquisition for parks and other natural areas was defeated.

Alive and Well

Yes folks, Dot Fowler, our former newsletter editor, is alive and well, and sends her best. However, she emphatically refuses to return to Tenn. and her rightful position as newsletter editor (This we know from a tearful phone call made in desperation one Sunday afternoon).

However, for those of you who wish to contact her, she can be reached at the following address:

413 Golden Crest Circle
Birmingham, Ala. 35209
Phone 205-879-1613
(call collect - just kidding!!)

Loss of Old Friends

The TTA lost two good friends recently, both of whom gave encouragement and helpful guidance to its beginning in 1968. At a meeting of state conservation organizations at Pickett State Park in October 1968, a suggestion was made at an evening campfire session, that a long scenic hiking trail should be built along the highest crests of the Cumberlands, and that a Cumberland Trail Conference might be needed to do the job. There was a long moment of dreadful silence until Louise Davis, with characteristic decisiveness said, "Well, let's do it - let's have a meeting and get it going."

The following month about twenty interested and enthusiastic people met at Cumberland Mountain State Park and formed the Tennessee Trails Association, with the Cumberland Trail as its pilot project, and the creation of a State Trails System of "scenic" and "recreation" trails as its broader goal.

At TTA's first annual meeting in December 1968 at Cove Lake State Park, Stan Murray, then Chairman of the Appalachian Trail Conference, told of the newly-passed National Scenic Trails Act, its effect on the A.T., and its usefulness as a model for our proposed State Trails bill. Stan was later active in helping write the State Trails System Act, and in working with State Rep. Bob Bible in its introduction in the House. He was also our keynote speaker at our first state trails symposium in 1970 and reported on the A.T. at our second symposium in 1972. He always encouraged us to envision a possible multi-state extension of the Cumberland Trail with connections to the A.T.

As revealed in the articles noting their passing, Louise and Stan touched and enriched the lives of countless people in many ways that TTA members will particularly appreciate and miss. - Bob Brown

1989 Tennessee Recreation Survey

2,000 Tennessee households responded to this survey. When asked how government could improve recreation in Tennessee, respondents recommended the following actions: Protect our natural resources and wilderness areas. Maintain existing facilities. Acquire additional land. Provide special facilities for handicapped and elderly. Support special programs to improve the environment.

Cumberland Trail News

Trip Report

River Gorge Ramble on Section 9

Over 100 hikers made the Second Annual River Gorge Ramble on April 7 with most opting for the longer 6.2 mile walk on the Mullens Cove Trail. This trail loops off the southern end of the C.T. following the rim of the Tennessee River Gorge south. April wildflowers and splendid views of the River Gorge more than rewarded the effort.

On May 12, eight hikers and a puppy walked the 5+ miles from the C.T. parking lot in Prentice Cooper State Park to Highway 27. Late spring wildflowers, particularly the endangered scutellaria montana, were most enjoyed. A breathtaking view from the Lusk Point of the River Gorge at the mouth of Suck

Creek and a beautiful waterfall just upstream from the trail crossing of Sulphur Branch were also high points.

Future River Gorge Rambles may include a canoe trip in the Gorge along the foot of Raccoon Mountain in August that Graham Hawks is working on, and Sam Powell is working on a campout in Prentice Cooper in September. - Bob Brown

Eagle Bluff Hike July 4

This will be the fourth annual Independence Day hike to Eagle Bluff and along C.T. Section 1. The hardest part comes first with the 1,000 foot climb up 1.5 miles of switchbacks on the Old Kentucky Road, but the views while lunching at the Bluff will be worth the effort. From here the 4 mile walk on the C.T. along the crest of the

Cumberland Mountain is quite easy, and midsummer wildflowers, mushrooms and birds will keep it interesting. Where the C.T. finally turns down the mountain a one-half mile side trail continues along the crest to an abrupt end at the Devil's Racetrack and the impressive overlook of Bruce Gap and I-75. Returning to the C.T., a steep descent down the steps of "Suckair" will bring us in less than a mile to the trailhead and cold drinks and watermelon to refresh us before the shuttle back to Cove Lake State Park.

Meet at 10:00 a.m. EDT at the Cumberland Trail Office at Cove Lake State Park bringing lunch, water, raingear, and insect repellent. Call Bobby Harbin at 566-0902 or Bob Brown at 352-7474 for further info.

Chapter News

Chapter Trail News- Virgin Falls

We have received all adoption information and have made our preliminary trail inspection. The trail has been receiving minimal maintenance, but needs considerable work. The chapter has agreed to form a work party to handle whatever work needs to be done. We will first have someone with greater expertise than ourselves (Bob Brown) walk the trail with us to insure that our views of the work to be done are accurate.

June Meeting

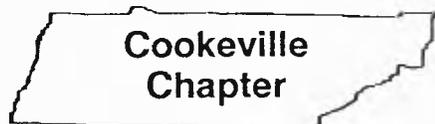
Well, after several months of publicity and some confusion, Bob Brown spoke at our June meeting. Bob is a veritable wealth of information on TTA, the Cumberland Trail, and the state trail system in general. We were all delighted to have Bob speak to us on a subject so near and dear to our hearts. It gave the meeting special

meaning for all of us!

Business included a decision to hold chapter elections at the August meeting, which will be a planning meeting. We also voted to draft a letter to the proper state authorities stating our opposition to the Shoat Lick Hollow Landfill, requesting that any decision on this be deferred until the impact on the Cumberland Trail can be determined.

July Meeting

As previously announced, our July meeting will be a rappelling class given by David Gallaher. This will be a beginner class with the training continuing on Saturday, July 7, at Bee Rock in Monterey, Tn. For those unable to attend the class on Tuesday, you are welcome to come on Saturday. This will consist of a "horizontal rappel", where you will simply walk backwards, rappelling on flat



Meets 1st Tuesday, 6:00 p.m., 558 Burton Lane

Gossip

Regarding that item in last month's newsletter entitled "Gossip." Well.....

It's all fact! Here's the scoop! Randy Hammontree and Beth Gaspard will join their lives together on Sunday, July 1, 1990, at Honey Creek Falls. The ceremony will take place at approximately 3:00 p.m., with reception to follow at 558 Burton Lane. All family (TTA members) are invited!

ground. After that, there will be a rappel down a 40 ft. slope. The grade of this slope is quite gentle, and is basically a backwards walk down the hill. From there, those who wish to do so can proceed to the 105 ft. cliff. This is an excellent opportunity for those who have never experienced rappelling. Afterwards, we will drive over to Big South Fork to hike to Angel Falls Overlook. We'll watch the sun go down, then hike out by the light of the full moon. For details call Randy or Beth Hammontree at 526-5242 or 528-8238.

Upcoming Events

July 8- Return to Raccoon Mountain.

Once Again we are returning to the hang gliding simulator at Raccoon Mountain. This is an unforgettable experience for those of you who missed it last time! (There is also an Alpine Slide and a water slide available.) This will be an afternoon trip. For details call Beth Hammontree at 526-5242 or 528-8238.

July 14- Caney Fork Wade.

When it's dry, we walk. When it's wet, we wade. When it's deep, we swim! This will be an eight mile trip down the Caney Fork River. Bring a life jacket and wear old shoes! For details call Ross Cardwell at 738-2760 or 836-3552, or Bonnie Greene at 836-3696.

July 21- Virgin Falls Work Party.

This will be a maintenance day for our chapter trail. Details may vary. For info, call Randy Hammontree at 526-5242 or 528-8238.

July 28- Standing Stone Cave Tour.

Mike Sanders will lead this hike to two caves in the Standing Stone area. These are walk-through caves,

with no special equipment required. This will be an afternoon trip. For details call Randy or Beth Hammontree at 526-5242 or 528-8238.

Special Note

Cookeville Chapter member Bonnie Greene was invited to speak at the Rotary Club in Sparta, Tn. about TTA! She accepted and spoke on June 11. Always an enthusiast, Bonnie apparently conveyed her enthusiasm, love of the outdoors and of TTA to the group, as she has been invited back to present a slide show of scenic places in the state! Good Show Bonnie!

Trip Report

Fall Creek Falls

On June 9th, Fall Creek Falls Park ranger Stuart Carroll led six TTA members, one visitor and seven young people from Calvary Baptist Church in Oak Ridge, Tn., into two different caves and a basically unknown waterfall outside the state park.

The first cave we visited was a rather popular one, commonly known as Camp's Gulf Cave. We entered only the first room of this cave, viewed several very beautiful and unusual formations, then made our way through a few cracks and crevices, and out another exit. It was interesting to see both Columbines and Jack-in-the-pulpits in the "bowl" in front of the cave entrance, a full month behind schedule in blooming due to the cool, moist environment in front of the cave. From there we visited and swam in spring-fed waters that were a positive relief from the 80-90 degree temperatures. (The ones who entered the water were easy to spot- we were a light shade of blue!)

We then made our way along a

variety of jeep roads, creek beds, and trail-less terrain to a lovely waterfall about 90 feet high. Then on to the second cave, which contained unusual fossil formations and several interesting passages which we weren't equipped to explore. A trip of approximately seven miles, that all of us were ready to do again! Our hikers were Randy Hammontree, Jennifer Gaspard, Bonnie Greene, Denise Charvoz, Mary Jane Harbold, Eph and Mary Ellen Klots of Oak Ridge, and seven members of Calvary Baptist Church.

Trip Report

Raccoon Mountain

What happens when you mix devoted hikers and cavers? Something pretty down-to if not under earth you'd say. Not so for members of the Cookeville Grotto and TTA chapters who set off on May 26th for Raccoon Mountain and a first try at hang gliding! After the two hour drive from Cookeville, made much shorter by animated chatter in anticipation of what was to come, we arrived at High Adventure Sports, Inc. Instructions were given, forms signed and fees to climb the hillside to the launch station paid (the glide back down being "free" for those of sufficient courage to take the plunge). Our fearless vice-chair, Randy Hammontree, was the first to take the flying leap. Heartened by his grateful descent and near-perfect landing, and not wishing to suffer the embarrassment of opting to simply climb back down the hill, we followed. Safe on the ground, it didn't take long to decide on another run, this time with additional instruction on how to maneuver the glider. Again Randy led off, quickly becoming a dead-meat candidate as he stalled out in mid-flight. (Blessed be the tether line!) The rest took heed, managing somewhat more picturesque flights.

Full of enthusiasm and exhilaration from the experience, but short of time, we pressed on to our next stop: the nearby TVA Raccoon Mountain pumped-hydro project.

The facility pumps water from the Tennessee River up to a man-made reservoir during off-peak electric periods and then uses the water to generate electricity which is sold at profit to utility companies in the surrounding area during peak demand hours. Four 540,000 horsepower pumps are able to fill the reservoir with enough water to meet the electric needs of Chattanooga for 20 hours straight. If the numbers aren't impressive enough, the view from the visitors' center high above the river, and a ride down one of the fastest elevators in the world (1050 feet in 50 seconds) to view the massive power generators buried deep in the mountainside are. Tours are free and open to the public, well worth the stop.

Our final stop of the day was at Cloudland Canyon State Park, near Rising Fawn, Ga. To the seasoned wilderness hiker, first impressions are one of a "pedestrian park." However, while well traveled, the short walk to each of the two falls is challenging to the cardiovascular system and might be called the trail of a thousand steps, mostly vertical. A stop to eat concluded the day nicely.

There was something for everyone, and "everyone" included: Randy Hammtree, Beth Gaspard, Jeff Marquis, Christie Hamilton, Candace Thompson, David Klein and Cathy Crone. --Jeff Marquis

Trip Report

Update--Thursday evening, June 14, 7:30 P.M.

Well, High Rock was where we said we were going, but since it's only

1.5 miles, what do you think about a little extra? Like maybe, Indian Rock House?

Update--Saturday morning, June 16, 09:00 A.M., Sparta, Tn.

Guys, the owner of the land Indian Rock House is on denied us access. What do you think about Virgin Falls--a way we've never been before?? Well, we thought, we can handle that.

We did, but, from now on, when Bonnie says, "Oh, this one is easy," she might experience a few disbelievers.

We went to Virgin Falls through the valley, going via the Big Bottom community. This was almost all jeep roads, at first crossing the valley, which abounded in blackberry bushes (with a few ripe berries!) and many yucca plants.

After crossing the dry river, we continued on the jeep road, which began steeply climbing the plateau, on ungraded roads, which added immeasurably to Bonnie's credibility, in terms of selecting a mild trail.

On reaching Virgin Falls, the group went above the Fall to the cavemouth, for a lunch that felt as if we had air conditioning, which was a relief after the 80-90 degree humid temperatures we were experiencing. Reluctantly departing the fall some 45 minutes later, we went to Sheep's Cave, where another 20 minute break in the cool of the cave was called for. Here we found several crawfish, one being the biggest any of us had seen in this area.

We made our way to the river, crossing slowly. Some of us spent a little more time crossing than needed, just to stay in the cool waters of the Caney Fork River.

We stayed on relatively flat ground after that, with the only further loss of credibility being experienced when Bonnie inadvertently reported a 3/4 mile section of trail as being 1/4 mile.

On our way back, we stopped by the Davis Cemetary. In this old cemetary the most recent burial was in about 1925. The oldest we found was 1864. This was a fascinating aside, and an excellent conclusion to our trip. In true Cookeville tradition, almost all of the group went directly to the nearest Pizza Hut to sate the appetite we had developed on this warm, but quite enjoyable trip. Our hikers were Randy Hammtree, Bonnie Greene, Paul and Nora Miller, Mason and Gary Butner, Denise Charvoz, Dorothy Sills, Vic Canada, and Brian Lynchard.



Memphis Chapter

Meets 3rd Thursday, Kingsway Christian Church, 7:30 p.m.

Chapter Meeting

As previously announced, the June 21 meeting at Kingsway Christian Church will be our last until September.

Instead of a regular meeting in July, we will meet on July 27 for a fireside program at Lichterman Nature Center. We will meet at 6:00 P.M. for a picnic supper and perhaps a walk on the woodland trail, and enjoy the program at 7:30 (this week's topic will be folk music). The event is free to museum members, \$3.00 for everyone else. For info call Jerri Bull at 363-4408.

Yes, it's already time to start planning next year's schedule ! If you have some brilliant ideas on new places to hike, please call Betty Porter at 363-0213.

Upcoming Events

July 8- Spring River Canoe Trip

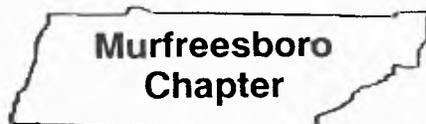
This will be a canoe float trip on the Spring River in Hardy, Ark. This is always a wet and wild trip. You can camp Saturday night or carpool from Oshman's parking lot at 06:30 Sunday morning, and meet at the Spring River Oaks Canoe Rental Office at 10:00. Bring food, drinks, protection from the sun, gloves, and a friend. Since there are a few spots on this river that can be dangerous, please make sure that the person in the stern is experienced in reading currents and maneuvering around obstructions in waterfalls and rapids. Please call Ray Burkett to reserve canoes by July 3, at 386-8613, or Maryanne Martin at 366-4863.

Trip Report

100 Snakes

100 snakes, or more, were seen coiled up or stretched out on tree branches as 10 canoes and 20 people wound their way down the muddy waters of the Wolf River. The snakes seemed to enjoy the warm sunshine too, after several days of rain and high winds that ripped through the Moscow area. Yellow-bellied, red-bellied, and water snakes were all the reptiles that were seen except for a few water turtles. The birds, however, were everywhere, singing and calling to one another as we floated past. Lots of woodpeckers, warblers, kingfishers and others were noted. As far as the mammal population, we only saw signs of beaver and muskrats and raccoons. Canoeing the Wolf was as wonderful as ever, with only a few minor

mishaps which included floating upside down for 2 of our canoeists. They promised not to be discouraged, and continued to smile the rest of the trip - as did the others. Happy Paddling ! - Jill Norvell



Meets 1st Tuesday each month; 7:00 p.m., St. Mark's Methodist

Chapter Meeting

June Meeting

Carol Shelton, in a program titled "Tales for the Telling," entertained us with many personal hiking stories. Carol, who calls herself a fair-weather hiker, kept us laughing as she related her adventures and misadventures. It was a joy being "on the trail" with her.

July Meeting

Note: Meeting Date Change

The July meeting of the Murf. chapter will feature Marion Dunn. She is a Native American lady who will talk about customs and folk stories of her people. Date for meeting changed to July 10 due to holiday.

Upcoming Events

July 21- Canoe Trip, Elk River

For details call Tom Shepherd at 895-2098

August 18- Summer Wildflower Walk

We will meet at 09:00 CDT at the South Cumberland Recreation Area Visitor Center, located about three

miles from I-24 on Highway 56 between Monteagle and Tracy City. The area behind the Visitor Center abounds with a variety of summer wildflowers, including the yellow fringed orchid, blazing star and cardinal flower. After the easy stroll through these meadows with Bertha Chrietzberg, the group will meet in the picnic area for lunch. Bring your own lunch and beverage.

Immediately following lunch (1:00 p.m.), Randy Hedgepath will take the group on a hike to a "swimming hole" to cool off in the cold mountain water, so bring your bathing suit for this hike.

This will be a great family outing, so join us in the South Cumberland area for this August trip. This beautiful area contains over seventy-five miles of hiking trails including Fiery Gizzard, the Stone Door and the Savage Gulf area.

Contact: Bertha Chrietzberg
1715 Elrod Street
Murfreesboro, TN 37130
(615) 896-1146

Randy Hedgepath
Ranger Naturalist
S. Cumberland Rec. Area
Tracy City, TN
(615) 924-2956

Trip Report

Old Stone Fort

Wildflower Hike- April 21, 1990. Fifteen people braved the rain, and joined Fran Shepherd and me for the wildflower hike at Old Fort Park. The flowers, refreshed from the rain, were shining in all their glory, and those of us that went enjoyed the trip in spite of the rain. Some of the flowers we found were fire pink, trilliums, hepatica and star chickweed. We also viewed the movie in the Visitor Center,

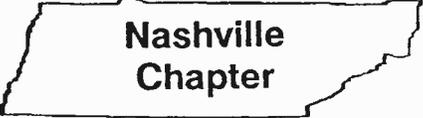
which tells the interesting history of the fort and the Woodland Indians who built the walls between the two rivers of the Duck and the Little Duck, for their worship services.

There are several interesting trails in this park with waterfalls along the river to enjoy. Picnic and camping areas are plentiful. This wooded, cool area along the Duck River is a good place for a family picnic this summer.--
Bertha Chrietberg

Trip Report

Cataloochee Backpack

Five TTA members left Murfreesboro at 12:00 noon, Friday, June 1st for Maggie Valley, North Carolina. We spent the night at the Scottish Inn and then drove to Cataloochee Valley in the Great Smoky Mountains National Park the next morning. We hiked to Caldwell Fork campsite, spent the night and hiked out Sunday. This is a beautiful section of the park, but, unfortunately, it's a horse trail area. The destruction of the trail is terrible beyond belief, but we had a good trip anyway.-- Tom Shepherd



Nashville Chapter

Meets 4th Thursday, 7:30 p.m., Cumberland Museum

July Meeting

We will NOT meet at the Cumberland

on the 4th Thursday this month. Instead, we will have a pot-luck picnic at Edwin Warner Park on Sunday afternoon, July 29. Bring a hot or cold dish to share and your own drinks. Plates and "plasticware" will be provided. From Hillsboro Road take Old Hickory Blvd., heading towards Warner Parks. Turn left onto Vaughn Road (near the ballfield). From Vaughn Road turn right at the "Edwin Warner Park" sign. We have reserved the 2nd picnic shelter on the left, across the road from the restrooms. Arrive after 3:00 p.m., we will eat at 5:30 p.m.

Upcoming Events

July 6-8- Cosby Campout

This three day camping trip will include a climb up Mt. Cammerer and a hike in Albright Grove. Call Bob Barnett at 831-1136 for details.

Trip Report

Memorial Day Waterfalls Weekend

Threats of rain kept the crowds away, but Evelyn, David, Paul, Heloise, and Diane, along with dog Ruffin, enjoyed hiking in the waterfalls country of the eastern Cumberlands. On the way to the plateau, we stopped at the impressive Pine Creek Falls on the Highland Rim, and small but picturesque Puckett Falls. On the central Cumberland Plateau, we hiked in and around the gorges of Fall Creek Falls, Cane Creek Falls and Cascades, and Rock House Falls. Moving east to Walden's Ridge, we

enjoyed spectacular Crystal Falls, as well as Stinging Fork Falls and Morphy's Falls. We didn't quite make it to Snow or Laurel Falls, but thoroughly enjoyed the trails in this Bowater Pocket Wilderness, including holing up under rocks during a cloud burst. We looked, but couldn't find, the falls on Sale Creek, but did find a possible TTA Annual Meeting on the escarpment with an Oh! Wow! overlook of the valleys and ridges and Smokies of east Tennessee.

Put Memorial Day weekend on your calendar for 1991, and join TTA as we again go where the water falls. Our destination next year will be the Western Highland Rim in south-central Tennessee.-- David Stiddem

Trip Report

Honey Creek

On June 2nd 22 hikers and Sissy came together to view the majestic splendor of Honey Creek. While the day began rather dismal and rainy, the rain stopped when the group passed into Bowater property and sunny skies prevailed for the entire hike. About half of the hikers were TTA members. The other half were visitors, including three from Bowling Green, Ky., who came to enjoy our Tennessee wilderness. Our pace may not have won any races, but it allowed us to experience both the beauty of our surroundings and the camaraderie of group hiking. Honey Creek was, as always, challenging, exciting, and FUN!--
James Leininger

News From Our Parks

Fall Creek Falls State Park
(615) 881-5708

7/4 Fourth of July Celebration-
Dress up your car, bike, or

yourself for the "traditional" parade, which ends in Campground A. After watermelon and cake, we will move onto the field for family events.

7/28-7/30 Canoe Workshop- We spend three days on Fall Creek Lake, the Collins River, and the Hivasssee River. This is a beginners course.

- Historic Rugby
(615) 628-2441
- 6/29-7/1 Heirloom Coverlet Weaving
Class. Taught by Kay
Hultquist. Fee-\$50.00.
- 7/7 & 7/8 Traditional Whittling.
Taught by Bill Henry. Class
limited to 10 students. Fee-
\$15.00.
- 7/28 & 7/29 Victorian Watercolor.
Instructor and fee to be
announced.
- 8/4 & 8/5 25th Annual Rugby
Pilgrimage.
- Attention Artists: Arts Competition**
Works should focus on the
Cumberland Plateau area. Entries
must be postmarked by July 23,
1990. Awards will be given in three
categories: Painting, Drawing and
Photography. \$5.00 entry fee. For
information call Rita Myers at 628-
5166, or write to Historic Rugby,
P. O. Box 8, Rugby, TN 37733.
- South Cumberland State Park**
(615) 924-2980
- 7/1 Greeter Fall Excursion- Meet at
10:00 a.m. at Stone Door
Ranger Station; 2-3 miles,
moderate to strenuous.
- 7/7 Sycamore Falls Exploration-
Meet at 10:00 a.m.; 3 miles,
moderate.
- 7/7 Foster Falls Plunge Pool- Meet
at 3:00 p.m.; 1/2 mile,
strenuous.
- 7/8 Sewanee Bike Ride- Meet at 1:00
p.m.; 15 miles, easy to
moderate.
- 7/14 Savage Falls- Meet at 1:00
p.m. at Savage Ranger Station;
3 miles, moderate.
- 7/15 Lost Cove Cave Tour- Meet at
10:00 a.m.; 5 miles,
strenuous.
- 7/22 Sycamore Falls Exploration-
Meet at 1:00 p.m. 3 miles,
moderate.
- 7/22 Greeter Falls Excursion- Meet
at 1:00 p.m. at Stone Door
Ranger Station; 2-3 miles,
moderate to strenuous.
- 7/22 Foster Falls Bluff Top- Meet
at 6:30 p.m.; Bring Light! 5
miles, easy.
- 7/28 Sequatchie River Canoe Trip-
Meet at 8:00 a.m.; equipment
provided, flat water, suitable
for beginners.
- 7/29 Boulder Crossing Excursion-
Meet Randy at 1:00 p.m. at
Savage Falls Ranger Station;
Collins River excursion. Swim
in swimming hole. 3 miles,
strenuous.
- Warner Parks**
(615) 352-6299
- 7/6 Night Hike- 8:00-9:30 p.m.
Tonight's hike will begin at
twilight. As we watch sun sink
and moon rise, we'll allow our
night vision and other
nocturnal senses to lead us in
pursuit of such "after-dark"
creatures as barred owls and
glow-worms.
- 7/7 Discover the Nature Center Day-
8:00 a.m to 4:30 p.m. The
Nature Center's grounds,
museum, library, and gardens
will be open this Saturday.
- 7/7 Organic Gardening Forum-
9:00 a.m-12:00 p.m. Natural
gardening methods may be used
in growing any kind of plant
in and around your home. Bring
your questions or problems,
experience, or inexperience,
to this cultivating discussion
and sharing session.
- 7/7 Organic Garden Walk- 1:00-3:00
p.m. Tour the Nature Center
garden and see over 70
varieties of vegetables,
flowers, fruits and herbs
growing without the use of
chemicals.
- 7/7 Bird Banding Day- 9:30 a.m. to
2:30 p.m. Banding is a
scientific technique that
teaches us about the life
history of birds. Drop by the
Nature Center to observe our
master banders at work. This
is an excellent opportunity to
see wild birds in the hand.
- 7/11 Kid's Gardening Workshop-
9:00-11:00 a.m. Kids, learn
how to create your own garden.
Find out how to raise herbs
and vegetables naturally.
- 7/18 Kid's Reptile Class- 9:30-
11:00 a.m., 1:30-3:00 p.m.
Kids, come learn about the
snakes, turtles and lizards of
Middle Tennessee. This program
will include a slide show,
live specimens, and fun
reptilian activities.
- 7/25 Never Say Ugh to a Bug- 9:00-
11:00 a.m. Come learn about
the importance of insects.
This program will include a
slide show, an insect zoo, an
insect hunt, and other buggy
things to do. (There is also a
special program for pre-
schoolers.)
- 7/26 Butterflies, Beetles and Other
Beautiful Bugs- 7:30-9:00 p.m.
Come learn more about these
incredible and yes, beautiful
organisms during the evening's
slide presentation.
- 8/1 Kids' Stream Hike- 1:30-4:00
p.m. Enjoy exploring the
stream life of the Little

Harpeth River. The group will wade the river with seines and dip nets and turn over rocks in search of fishes, crayfish, insect larvae, salamanders, etc. Wear shoes you can get wet!

Grassmere Wildlife Park
Nashville

6/1 Grassmere Wildlife Park,
situated on 200 acres near

Nolensville Road and Trousdale Drive in Nashville is scheduled to open for Cumberland museum members on June 1 and for the general public on June 2. However, the park is not yet finished and many of the animals scheduled to be a part of Phase I will not be ready for exhibition at the beginning of June. The animals will not be put on exhibit until they are truly

acclimated to their surroundings. Hopefully, Grassmere will be a success and can educate the public about shrinking animal and plant life due to the disappearance and disturbance of appropriate habitat. Grassmere is an evolving facility, so go visit now, then go back often and see how the facility develops.

Upcoming Hikes

Clarksville

6/30 Natchez Trace-postponed
7/7 Float Trip on Red River
7/21 Hematite, KY Picnic
8/11 Land Between the Lakes
Swimming Hole Hike

Cookeville

7/1 Wedding in the Woods- Honey Creek
7/7 Rappelling at Bee Rock & Angel Falls Full Moon Night Hike
7/8 Return to Raccoon Mountain
7/14 Caney Fork River Wade
7/21 Virgin Falls Work Party
7/28 Standing Stone Cave Tour

Memphis

7/8 Spring River Canoe Trip

Murfreesboro

7/21 Elk River Canoe Trip

Nashville

7/6-7/8 Cosby Campout

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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.

Mail dues and address changes/corrections to: TTA, P.O. Box 4913, Chattanooga, TN 37405

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All submissions for the newsletter due no later than the 15th of each month.

Come Hike With Us!
Tennessee Trails Association
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Chattanooga, Tennessee 37405

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