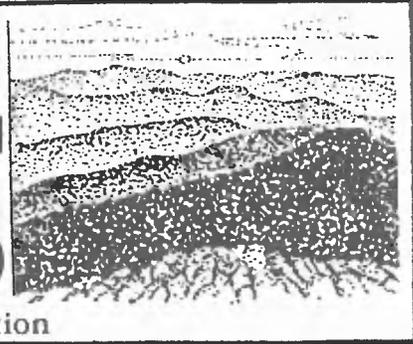


# TENNESSEE TRAILS

The monthly newsletter of the Tennessee Trails Association



## IN SEARCH OF A REALLY GREAT DAY - JANUARY 1995 by Jim Poteet, Nashville Chapter

Any day on the trail is a good day. Right? Right, but some days are better than others, and every so often you find that a certain combination of weather, trail conditions, and hiking companions where everything just comes together and you have a really great day. Since good companionship is essentially a given on TTA outings, and most of the trails in Tennessee are good and in generally good condition, the essential ingredient for a really great day becomes the weather.

It took six days of hiking in January to find a really great day.

The New Year's Day hike to Frozen Head with the Murfreesboro Chapter almost made it. On this trip, bad weather would have been good, since we had hoped for temperatures cold enough to produce some interesting ice situations. Instead, we had a moderately cool day, with mist and fog most of the time. The limited visibility did create a different hiking experience, including the eeriness of having a tree crash to the earth, clearly close by, but totally unseen. But not even the companionship of sharing a warm, traditional New Year's meal of black eyed peas and greens at Tubb Springs could overcome the marginal weather and make this a really great day.

The day after New Year's involved a trip to Montgomery Bell with the Johnsons and the Joyces, and Briley, the Great Flying White Dog. The cold front had moved through by then, leaving bright sunshine and bitter cold. We were pleased to find the Boy Scouts had done a terrific job finishing up the ice storm cleanup that Jim and Rob and others had started. Again, good companions and open trails, but so cold that even the Traditional Johnson Family Hot Tea and Hot Chocolate Tailgate Ceremony couldn't make it better than a good day.

The next attempts involved two days of hiking (sloshing?) on parts of Section 1 and Section 2 of the Cumberland Trail in the midst of mid-winter torrential downpours with Jim Johnson and Rob Weber. The weather conditions were so bad that it's hard for these two days to even be considered good ones. However, the fact that the Trail was in better shape than we expected helped them make the grade.

Next came a day hike at Mousetail Landing with a hardy group of TTA and Sierra Club backpackers led by Nina Fitzgerald. The day started out very cold and sunny, became overcast for a while, then cleared again. However, it never warmed up as much as I would have liked, and I am glad that I was only day-hiking, not over-nighting like the others. Again, good companions, including the orphaned yearling white-tail that became part of the group for a while, and an interesting trail, but a little too cold still.

The sixth day of January hiking was to Virgin Falls. The day started with a rousing thunderstorm at about 5 am, and expectations of rain and cold for the rest of the day (after all, it had been that kind of month). We started out under an overcast sky, but after an hour or so on the trail, the sky cleared to a brilliant blue, with an occasional white puffy cloud. It was simply a beautiful spring day and most of us were down to shirt sleeves by the end of the day. The views along the trail and at the Falls were just magnificent. It was the first trip to Virgin Falls for many of the hikers in our group and all were dutifully impressed.

So, at last, after six hiking days spread out over four weekends, not only did we have good companions and good trails, but we also had outstanding weather, and found our really great day!

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PARK SERVICE PROPOSES  
30 MILES OF NEW TRAILS  
IN TENNESSEE

In December 1994, the National Park Service released its *Draft Environmental Impact Statement/ General Management Plan/Development Concept Plan (EIS)* for the Obed Wild and Scenic River in Morgan and Cumberland Counties. The plan was prepared to guide development of the Obed National Park system unit in cooperation with the Tennessee Wildlife Resources Agency. The purpose is to preserve and protect the Obed unit and the surrounding area in an essentially primitive condition, with unpolluted waters, for the benefit and enjoyment of present and future generations. The Obed Wild and Scenic River, made up of 45 miles of the Emory River, Obed River, Clear Creek, and Daddy's Creek, is one of 150 units of the National Wild and Scenic Rivers system.

In the EIS, two alternatives for management and development of the area are evaluated. Under the existing course (Alternative B) a section of the Cumberland Trail would be developed on NPS and Catoosa Wildlife Management Area lands between Nemo Bridge and Devil's Breakfast Table. In addition, a trail would be built from Devil's Breakfast Table to Adams Bridge.

The Cumberland Trail segment is deemphasized under the preferred course (Alternative A). Instead, two new hiking trails are proposed as part of a 30-mile system following the rivers and passing overlooks. A 20-mile loop trail is proposed that would follow the north side of the Obed River and south side of Clear Creek, with a connection along Hawn Spring Branch. In addition, a 6-mile linear trail would connect Nemo and Lilly Bridges, following a route along the

east side of the Emory River and north side of the Obed River and Clear Creek. Other shorter trails would be developed to overlooks at the Obed/Clear Creek junction and at Lilly Bridge.

Comments on the EIS can be sent to Obed Wild and Scenic River, P. O. Box 429, Wartburg, TN 37887 (Phone (615) 346-6294.

Submitted by Harold Draper (615) 689-7757



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### CUMBERLAND MTN. CHAPTER 1995 HIKE SCHEDULE

- March 11 Blue Heron Loop, Big South Fork, Moderate 6.4 miles (Kentucky)
- March 25\* 4-Wheel Drive and Hike the 5,000 Acre BSF Acquisition with Ranger Howard Ray Duncan
- April 8 Virgin Falls Pocket Wilderness, Moderate to Difficult 8 miles
- April 22\* Wildflower Hike at Frozen Head
- May 13\* Smoky Mtns., Newfound Gap to Clingman's Dome, Moderate 8 miles
- June 10 Mark Branch Trail, BSF, Moderate 5 miles
- July 8 Honey Creek Loop, BSF, Very Difficult (but very beautiful) 5.6 miles
- Aug. 12 Rock Creek Loop, BSF, Moderate 7.1 miles
- Sept. 9 Oscar Blevins Farm Loop, BSF, Easy 3.6 miles
- Oct. 14 Leatherwood Loop, BSF, Moderate 3.3 miles
- Oct. 21\* Laurel Fork Loop, BSF, Difficult 11.1 miles overnight backpack
- Nov. 11\* South Cumberland Recreation Area
- Dec. 9 Angel Falls, BSF, Easy 4 miles

1. Trail rating and length for BSF trails were taken from *Hiking the Big South Fork*, 2nd Edition 1993, by Brenda Coleman and Jo Anna Smith. A trail rated "difficult" requires hiking boots and hikers must be in good physical condition.

2. More info about each hike will be included in the prior month's newsletter. Even more details can be obtained from Bob Washburn (615-879-5426 or 879-4741 nights) or Marvin Shanks (879-9765).

3. All hikes begin at 10:00 central time except those marked with an \* and the time will be listed in the newsletter.

## CHAPTER NEWS



Meets the third Tuesday of each month at 7:00 pm in the Community Room at Governor's Square Mall.

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**SAT. MARCH 4 - BIG CYPRESS LAKE STATE NATURAL AREA.** Leave Clarksville at 8:30 am for a moderate Class I hike. After the hike we will travel to Kenton, TN for a viewing of the white squirrels. From there we will travel to the Blue Bank Restaurant in Tiptonsville for dinner and then spend the night at Reelfoot Lake. The viewing of the eagles will be the highlight of the trip on Sunday morning at 10:00 am. Overnight lodging on Sat. is available for those who wish to join us. To confirm participation, please call Bessie at 647-4837 or James McKenzie at (502) 424-5285.

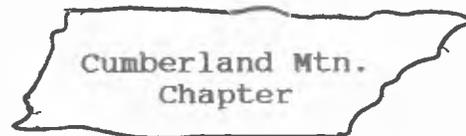
**SUN. MARCH 12 -** A 5-6 mile moderate Class I hike will be held in one of our local state parks. Please call Wanda Cumberland 358-3338 or Carl Gadsey 552-2325 to confirm location and time.

**SAT. MARCH 25 - NATCHEZ TRACE PARKWAY.** A Class I moderate hike led by Suva Bastin. Call 645-2849 to confirm.

**SAT. APRIL 1 -** Members of the 101st Airborne Division will lead us in a moderate Class II 8-mile hike and present

a program on using a compass accurately. Call Wanda at 358-3338 to confirm.

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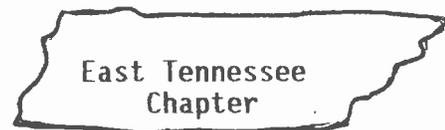
Meeting and hike the third Saturday of each month at varying locations. Hikes begin at 10:00 Central unless otherwise noted.

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**SAT. MARCH 11 - BLUE HERON LOOP, BSF (KENTUCKY).** Moderate, 6.4 miles.

Call Marvin Shanks 879-9765 or Bob Washburn 879-5426 or 879-4741 (nights) for details.

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**SAT. MARCH 18 - HEMLOCK BLUFF TRAIL.** Hemlock Bluff TVA Small Wild Area is located on the Clinch River arm of Norris reservoir at Loyston Point. The area is named for the large hemlock trees that grow on the steep bluff overlooking the lake. The 7-mile loop trail is a National Recreation Trail. The

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**Murfreesboro  
Chapter**

Meets the third Tuesday of each month at 7:00 pm at St. Mark's Methodist Church.

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**SUN. APRIL 9 - SHORT SPRINGS**

**WILDFLOWER HIKE.** The Short Springs State Natural Area was acquired by the State last year. It is a beautiful spring wildflower site containing three different kinds of Trillium, along with Hepatica, Bluebells, Toothwort, False Rue-Anemone, and many others. One of the other attractions in the gorge is Machine Falls. To see this, be prepared to get your feet damp. The trail to the rim of the gorge is very easy. The difficult part is the steep bank down into the gorge, and back out again.

Directions: Take I-24 to the Tullahoma, Hwy 55 Exit and go south to Tullahoma. Go through the first red light, and meet with us at the Dairy Queen on the left before going over the railroad overpass into town. We will meet at the Dairy Queen at 1:00 pm and caravan from there to the site. There is plenty of parking. Call Bertha Chrietzberg at (615) 896-1146 if you have any questions.



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**Nashville  
Chapter**

Meets the fourth Thursday of each month at 7:30 pm at Cumberland Science Museum.

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**SAT. MARCH 4 - MERIWETHER LEWIS DAY HIKE ON THE NATCHEZ TRACE.** Meet for breakfast at Dotson's just off the square on West Main St. in Franklin at 8:00 am. After breakfast we'll leave Franklin and drive to picturesque Leiper's Fork to get on the Natchez Trace Parkway.

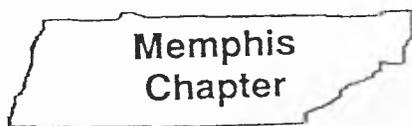
We will reconvene or meet at Meriwether Lewis in the parking lot at 10:00 am. and hike for 2-3 hours at a leisurely pace. If it is a good weather day, we will explore some other scenic spots along the trace. If your schedule allows for the continued excursion, pack a lunch. Call Bob or Arleen Barnett for info, (615) 832-6484.

**SAT. MARCH 11 - TRAIL BUILDING AND WORK DAY AT SHORT SPRINGS STATE NATURAL AREA.** Help! Help! Help! TTA is being recruited to help clear a trail at Tennessee's newest natural area in Tullahoma. Short Springs is a small jewel of a place with cascading springs and an unrivaled variety of wildflowers. (See Bertha Chrietzberg's hike announcement in the Murfreesboro Chapter news.) Meet at the Dairy Queen parking lot on Hwy 55 in Tullahoma at 8:30 am. We will carpool to the Short Springs parking lot a short, but confusing distance away. Bring lunch, water, work gloves and pruning shears, clippers and swing blades, if you

hike is considered moderate. Cautions include the 7-mile length and two short, but steep climbs. Dress for the weather and bring a lunch. Hikers should gather at Norris Commons to carpool at 9:30 am. For info, call Judith Bartlow at 494-9421.

#### WORKDAY AT WHITES CREEK TRAIL

Ten tough workers braved cold, wind and snow on Feb. 4 to help maintain Whites Creek Trail on Watts Bar Lake. They cut back encroaching saplings, sawed through downed trees, picked up trash and repainted trail blazes. Everyone met someone new who shares an interest in hiking and the outdoors. Volunteers were from Tennessee Citizens for Wilderness Planning, Tennessee Trails Association, and others who were interested in learning a new trail. The trail is in great shape thanks to everyone who helped. Trail maps are available by writing Judith Bartlow, TVA, Natural Resources Bldg., Norris, TN 37828.



Meets the third Thursday of each month at 7:30 pm in the Scout Building at Kingsway Church.

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**SAT. MARCH 4 - BIG HILL POND STATE PARK.** See February newsletter for details. Contact person is Ken Novak, (901) 377-9127.

**MARCH 16 - MEETING AT KINGSWAY CHURCH.** If you survived the Ides of March, come join us for a talk by Dr. Bob Hoffman, biologist for marsh programs at Ducks Unlimited. Yes, I know we had planned to have a Ducks

Unlimited representative at our January meeting, but we had someone even better: our favorite forest ranger, Gerald Inmon, who showed two informative videos, one about trail building, the other on endangered species. He also invited us to the dedication of the new interpretive trail at Chewalla. The Thursday morning scheduling of the ceremony prevented many of us from attending, but Jerri Bull, Betty Porter, Bob Beger and John Martin made the trip down and were treated to a free catfish dinner. They report that the trail looks great, and you'll be able to see for yourself on April 22nd, when we have a hike scheduled at Chewalla.

**SAT. MARCH 18 - FT. PILLOW STATE HISTORIC PARK.** Near Henning, TN. Carpool at the church at 7:00 am, or meet us at the park museum at 9:00 am. Trail is about 9 miles long and has some big hills. For info, call Debbie Gilbert (901) 454-0613.

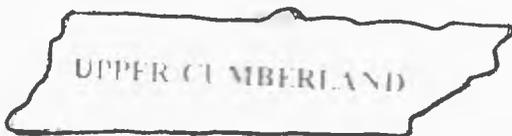
**APRIL 1-2 - MOUSETAIL LANDING STATE PARK AND LADYFINGER BLUFF.** Near Parsons, TN. This can be either a day trip or an overnighter. Some of us are planning to camp in the park's campground, but you can also carpool at 7:00 am at the church or meet us at the park office at 10:00 am. Trail is about 9 miles long, steep in places. Those who stay overnight can join us for a hike at nearby Ladyfinger Bluff, a scenic 3-mile trail overlooking the Tennessee River. For info, call Debbie Gilbert, (901) 454-0613.



have them. We will stop work around 3:30 and reward the coffers of the Dairy Queen for letting us park in their parking lot. A second work day will be scheduled for March 25 if necessary. It is a short but steep crawl of a climb down to the springs, however, almost all of the trail work will be done on the level blufftop leading to and overlooking the springs. Call Bob Barnett 832-6484 for more details.

**MARCH 23 - PROGRAM MEETING AT CUMBERLAND SCIENCE MUSEUM.** Nina Fitzgerald and friends are going to present a seminar on backpacking equipment options, choices, and preferences.

**MARCH 24-25** - The Long Hunter Group Campout has been postponed because of the trail work needed at Short Springs. The Long Hunter State Park campout and trail cleanup will be rescheduled for a later date.



Meets the first Tuesday of each month at First Union Bank in Sparta.

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**SAT. MARCH 11 - ROSS CARDWELL'S MYSTERY HIKE #4.** Meet at First Union Bank in Sparta at 9:00 am. Contact: Bonnie Greene 836-3696.

**SAT. MARCH 25 - HONEY CREEK HIKE WITH THE NASHVILLE CHAPTER.** Meet at Penney's in Cookeville at 8:00 am. Contact Paul & Pam Miller 526-9259.

### **Laurel Snow Falls Hike January 14, 1995 by Paul Miller**

*I caught an inch-and-a-half of rain in my rain gauge at home on January 14. On the trail it felt like more. I guess you could say we did not have to leave the parking lot to see waterfalls, but we went anyway. A non-hiking friend whom I told about the hike coined the word "trail heads" to describe people who need a hiking "fix" so badly that they would hike all day in the rain to get one. That may be true, but we had a good time doing it! Coming out of the closet with Pam, our dog Riley, and me to prove that they are true "trail heads" were Paul R. Miller, Sandy, Leslie and Lynn Ellis of the U.C. chapter, and Elizabeth Gerlock, Judith Foster, and their guest Clay Schaffner of the Nashville chapter. We met Carol Anderson at the Crossville Cracker Barrel, but she decided to go buy plumbing supplies instead.*

*It was hard to believe but we saw four other people on the trail. One guy was in a short-sleeved shirt and slacks with no hat! As we passed, he shrugged his shoulders and said, "It's not cold."*

*It would have been a good day to twist an ankle or break an arm or leg. The moss on the rocks was slippery. Lynn Ellis was lucky to come away with no injuries when he slipped on a large rock and fell flat on his back. Once we made sure he was not hurt, we rated the fall as about a 9. His form was great!*

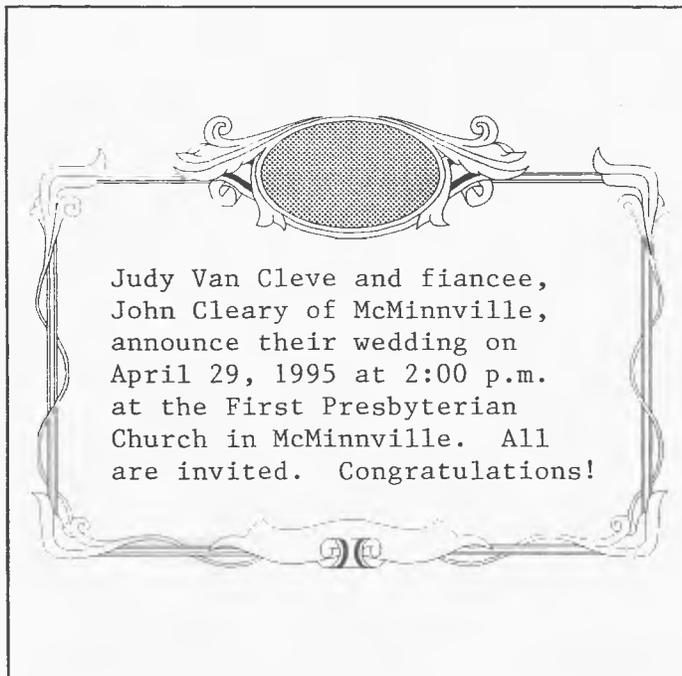
*Lunch was interesting. We had wanted to eat at the Laurel Falls or on the bluff above Laurel. It was raining too hard. I was lucky and found a cave, just after I said, "I think there is a cave right up here*

where we can eat lunch." Everyone thought I knew ahead of time where it was. I sure fooled them! The nine of us packed into the cave, which measured about 5 by 8 feet inside. Some stood. The brave ones sat. None was braver than Judith, who sat with her back to a small dark chasm and ate in a relaxed manner, even though she felt a hot, damp breath against her neck. It could have been any number of crawly creatures awakened from hibernation by our presence, but it was, in fact, Riley the dog, who had squeezed into the farthest recess of the cave. Riley is black. The chasm was black. Judith's eyes had not adjusted to the dark before she sat down so she had no idea Riley was there! Riley surprised us all by not trying to steal her lunch.

When we made it to the falls we found an awesome, raging torrent! Not beautiful, due to the sediment, but how it thundered!

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The following hike was called in after the newsletter was ready to go to the printer so I removed a graphic and put the hike announcement here. The Murfreesboro Chapter will hike at Franklin State Forest on Sat., March 18. Meet at St. Mark's Church at 8:30 am or at Hardee's at the Monteagle exit on I-24 at 10:00 am. This will be a moderate hike, boots recommended. Bring lunch and water. For info, call Mark Hall (615) 896-4345.



Judy Van Cleve and fiancée, John Cleary of McMinnville, announce their wedding on April 29, 1995 at 2:00 p.m. at the First Presbyterian Church in McMinnville. All are invited. Congratulations!

## Hiker satisfies interest with peaks

Climbing the high points of all of the USA's lower 48 states is not all that new; climbing them solo is.

According to the Highpointers Club, which follows this sort of thing, Gerald A. Storseth, 35, of Bakerton, W.Va., claims to be the first to hike alone up the 48 highest natural peaks in the continental USA.

They ranged from a highway intersection in Delaware to 14,494-foot Mount Whitney in California.

Storseth did not plan such a lofty goal.

A recreational hiker, he clambered up the Northeast peaks in a week in 1993 and told himself, "that's enough."

But during subsequent trips to relatives' homes, he bagged peaks in the Southeast and Southwest.

"I realized I was halfway, and all were solo. That's when I wondered if there was some kind of record here."

The 6-foot-3 unemployed computer technician crisscrossed the Plains, Midwest and North in his tiny Honda Civic.

He slept in the cramped car ("not a pretty sight") and hiked through hailstorms and lightning with altitude sickness, always taking a picture



By Gerald Storseth

**PROOF PICTURED:** Gerald Storseth took this picture of himself atop Gannett Peak and documented each of his 48 climbs.

of himself at the top for documentation.

Recently, he reached the top his last summit — 13,804-foot Gannett Peak in Wyoming, 40 miles round trip.

What's next? Hawaii and Alaska, of course. He has even left blanks in his alphabetized photo album.

# BIG HILL POND NATURAL AREA TRAILS

## TRAIL SYSTEMS

The Big Hill Pond Natural Area is ten miles east of Middleton on U.S. Highway 57 between Pochontas and Selmer, Tenn., in southwest McNairy County. Its topography is varied with elevations ranging from 380 to 611 feet above sea level. Its ecosystems include swamp, bottom land, dense forest and open timber with outcropping of rocks. Picturesque views of shady glens of fern, moss and mushrooms fade to an overlook of the Tuscumbia River valley. The entire area is forested with second growth timber. Chestnut Oak and Black-jack Oak are on the ridges with the valleys containing Black Gum, Oak, Tulip Poplar and Birch. The Dismal Swamp and Big Hill Pond areas have stands of Bald Cypress and other indigenous trees and shrubs. The careful observer will also see many wild flowers during certain times of the year. The woodlands, bottoms and lakes attract wildlife including waterfowl, aquatic life and forest animals. Campers should listen for Great Horned Owls and Barred Owls at night. Possibly, Wild Turkey may pass close by in the early morning.

The Big Hill Pond Natural Area Trails are part of the Tennessee Trails Systems. The Trails were completed by the Department of Conservation assisted by members of the Youth Conservation Corps during the summers of 1978 and 1979. The trails are maintained by the Tennessee Department of Conservation. The trails interconnect to afford hikers over twenty miles of trails. All trails are marked by white blazes which help give the appearance of a pleasant journey through the woods unblemished by trail markings and well worn paths. Additional trails are planned with completion scheduled for 1984.

Presently, there are over fifteen miles of interconnecting trails at Big Hill Pond Natural Area. Hikers may make loop hikes or in the case of the TREK, they may double back to the starting point. There are four overnight

shelters and an overnight tent camping area suitable for backpackers and small groups. The trails are identified by signs at the trail heads. However, all trails are blazed with white markings.

Access to the trails is from the parking area with plans for additional access from the Interpretive Center. Hikers can begin the Rocky Knob/Dry Ridge Trail from the fork in the service road near the entrance. However, permission to park on the service road must be obtained from the ranger. Otherwise, hikers must walk around the lake beginning at the boardwalk near the parking area. Presently the service road is open to traffic beyond the ranger's home. One can drive on the gravel road to the gate on the levee road. The Big Hill Pond Trail crosses the levee road approximately 500 yards west of the gate. The trail crossing is marked by signs.

Primitive camping is available on a first come basis. One must check with the ranger to keep him advised that hikers are on the trails overnight. All fires must be kept in established fire circles. Utilization of campstoves and/or charcoal is encouraged to minimize the impact of overnight camping. Presently, the shelters on the Turkey Call Trail have chemical toilets. All other sites must be maintained with pit toilets and lime.

There are walk-in camp sites at the northern tip on the Big Hill Pond Trail. Hikers who spend the night there can complete the Big Hill Pond Trail or hike the five miles round trip from there to the Tuscumbia River Overlook and back.

Big Hill Pond Natural Area is also an excellent place for scouts to complete partial requirements for the Backpacking Merit Badge.

For additional information contact Boy Scout Troop 341, Memphis, Tennessee.

MEMBERSHIP FORM

Unless you have a lifetime membership in TTA, your membership expires on January 1 of each year. All TTA memberships are based on the calendar year and not 1 year from the month you join. Please register me as a member for the calendar year 1995 (Jan-Dec) with the type membership checked below.

- Student 6.00
Individual/Family 15.00
Supporting 30, 40 or 50
Life 150.00

MAIL DUES TO: Membership Director
Tennessee Trails Assoc.
P. O. Box 41446
Nashville, TN 37204

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

(PLEASE PRINT CLEARLY)

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_ PLEASE LIST ME WITH THE FOLLOWING CHAPTER:
CLARKSVILLE EAST TENN. CUMBERLAND MTN MEMPHIS
MURFREESBORO NASHVILLE UPPER CUMBERLAND AT LARGE

\*\*\*\*\*
All newsletter submissions are due by the 15th of each month. Mail to Arleen Barnett, Newsletter Editor, P. O. Box 41446, Nashville, TN 37204
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TTA 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.

1995 TTA LEADERS

- PRESIDENT: Rob Weber (615) 952-2949
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CORRES. SEC/TREAS: Judy Van Cleve (615) 473-8136
SECRETARY: Evelyn Tretter (615) 859-0566
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CLARKSVILLE CHAPTER: J.R. Tate, Chair (615) 326-5453
CUMBERLAND MTN.: Marvin Shanks (615) 879-9765
EAST TENNESSEE: Harold Draper (615) 689-7757
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Come Hike With Us!
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