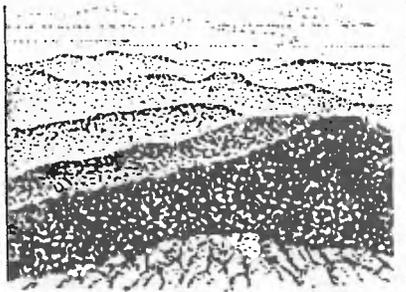


TENNESSEE TRAILS

The monthly newsletter of the Tennessee Trails Association



WHY I HIKE by Gene Curp, Nashville

I began hiking just after the green and white striped backpacks with the "Earth Symbol" had disappeared from the store shelves. It all began so casually that it now seems rather remarkable the turns in the trail I've experienced.

Dayhiking gave me something to do during my new activity of car camping. It helped fill the time between picnic table sitting spells. All that table time made it likely that I'd just drink the afternoon away. On my first hike I became lost (as in disoriented and apprehensive). I was hooked. There must be a trait showing here since I had become hooked on car camping after a three-day rain during which my sneakers melted rather than dried next to the fire.

Next, I feel in love with Nature at the foot of a 100 foot waterfall while standing in the blowing mist created by the falls itself. I still seek blowing mist, wind and high energy wild places.

All that car camping duffel took up too much room! My wife and I filled the trunk and back seat of our 1972 Ventura for a summer weekend trip. In a dim memory I recalled such a thing as

backpacking existed. So one winter I bought a copy each of BACKPACKER and WILDERNESS CAMPING. I sent off for all the free catalogs and pursued them for many happy hours.

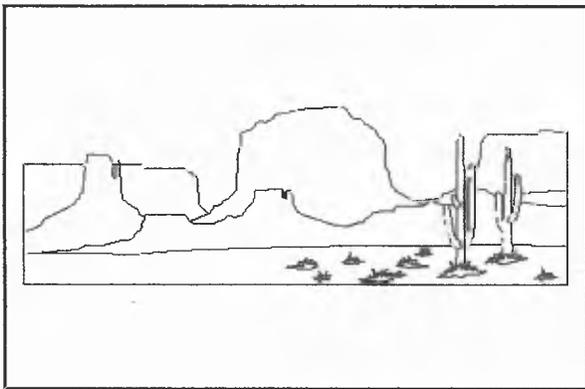
The trouble was all that neat stuff in the catalogs! I became bitten by the gear bug. By now I am a "minimalist" who maintains certain comfort standards. But all that neat stuff in those pages of THE SKI HUT and other catalogs called to me. Then came Fletcher's COMPLETE WALKER into my life. The romance could not be denied. Without knowing a soul who was a backpacker, I outfitted my wife and I with my best guesses.

I have passed through the stay-up-all-night phase. And I got past canceling the trip if rain was in the forecast. I learned about my body for the first time. took up training to improve my backpacking "performance" and, finally, after years, learned that if you test your limits you will eventually find them. And it generally hurts. I no longer need to prove anything to myself.

The lessons keep coming. I now realize that in the process of backpacking,

I allow myself to be a better person. This is the true gift I have received. I become more open, tolerant, eager to meet new people, fun-loving and extroverted. I can easily share on the Trail and there are opportunities for doing favors. I let my emotional guard down. And I accept others even if I disagree.

The latest lesson of Trail Life is that I can strive to be that better person when in town too. And it's so wonderful to know I already know how. I don't have to feed the fire all night anymore. Even when my trails pass through the "real world."



SOUTH CUMBERLAND STATE PARK
(615) 924-2980

April 9 - Bluebell Island Wildflower Tour. Meet at Tyson Food Co. parking lot on TN Hwy 50 at Elk River Bridge. Join us at either 10 am or 1 pm CDT.

April 15 - Easter Egg Hunt 11:00 am CDT. Meet at the Visitor Center. 5 age categories.

April 22 - Greeter Falls Tour, 1:00 pm. Meet at Greeter Falls parking lot. 2 miles, moderate.

April 23 - Grundy Forest Day Loop, 1:00 pm. Meet at Grundy Forest Picnic Shelter. 2 miles, easy.

April 29 - Raven Point/Dog Hole Hike, 10:00 am. Meet at the Visitor Center. 4.3 miles, moderate.

April 30 - Lost Cove Cave Tour, 10:00 am. Meet Randy at Carter Natural Area parking lot. Bring lunch, water, helmet and multiple light sources. 4.5 miles, strenuous.

STATE BOARD MEETING
SATURDAY, JUNE 3

The next TTA Board meeting will be held at Reelfoot Lake State Park in Tiptonville, TN. There will be a boat tour of the lake at 9:00 am CDT with the tour completed by noon. If you like catfish, there will be opportunity for that either at Boyette's or other restaurants at Tiptonville. For those not interested in consuming all their yearly fat intake at one sitting, there are other items on the menu! The meeting will be held at 3:00 pm at the AirPark Inn which is about 7 miles from Tiptonville.

You will need to have a reservation for the boat tour. Please call me at (901) 363-4408 no later than May 20. If you plan an overnight stay, you will also need to make lodging reservations at the AirPark Inn (901) 253-7756. For those who might want to camp, there is a park campground available. There will be more information in the May newsletter.

--Jerri Bull, Memphis

LETTER FROM THE PRESIDENT . . .

First of all, congratulations to the Murfreesboro Chapter for a successful reorganization meeting in February. Mike Harvey was chosen to lead a team effort in running their Chapter and we're glad to have him. Secondly, our two newest chapters, Cumberland Mountain and East Tennessee, are doing great and opening whole new hiking frontiers. Don't hesitate to join them on their outings.

Congratulations go out to Bob Brown, editor, and Alan Stokes, maps, for the excellent 4th edition of Evan Means' Hiking Tennessee Trails which is featured in this newsletter. A big thank you to Evan Means, who has allowed the royalties from the book to go to TTA. This book will be available through this newsletter beginning this month.

The Cumberland Trail weekend went well, and thanks to everyone who called, sent letters, and attended in support of the CT. We enjoyed the hikes of Section 5, Black and Brady Mountain, and only lost the middle of the hiking pack on Brady. The meeting drew a group of 40 interested folks. While we did not solve the dilemma of the CT, we gained a tremendous amount of ideas and direction. Bottom line--we need to pursue the CT through local grassroots efforts. In fact, two groups have stepped forward to adopt specific areas of the existing trail already. One of these groups, Cub Scouts led by Ed Blackwell of the Cove Lake area, is already digging into landowner issues for Section I, from the Devil's Racetrack north. This is opening a whole new game, and as these groups start to delve into landowner issues, etc., TTA will need to support them and continue to build awareness and make contacts at the local level.

In this regard, we still need everyone's help! We discovered quickly that the best way to find individuals or groups interested in pursuing the CT is through word of mouth. It would help tremendously if their information was passed on to myself (615) 952-2949 or Bob Brown (615) 352-7474. Furthermore, if you are interested in pursuing the CT project, please give me a call and I'll tell you more.

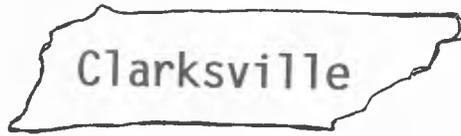
It also became apparent that TTA could benefit from more chapters along the Eastern Escarpment of the Cumberland Plateau. In fact, there was an interested group of hikers from Crossville at the meeting, and we welcome their enthusiasm. If you know of a group interested in forming a chapter anywhere, let us know.

Lastly, at our TTA's February Board meeting, two items of importance were decided upon. First, be on the lookout for our 1995 Membership Directory which will be mailed to all active TTA members. This will be of great help to organizing your activities and is long overdue. Second, the Board agreed to donate \$250 to Historic Rugby to assist in their Greenbelt Land Purchase along White Oak Creek.

Happy hiking!!

Rob Weber, TTA President

CHAPTER NEWS



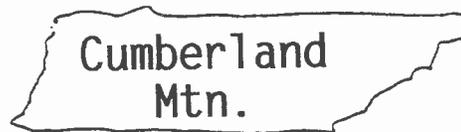
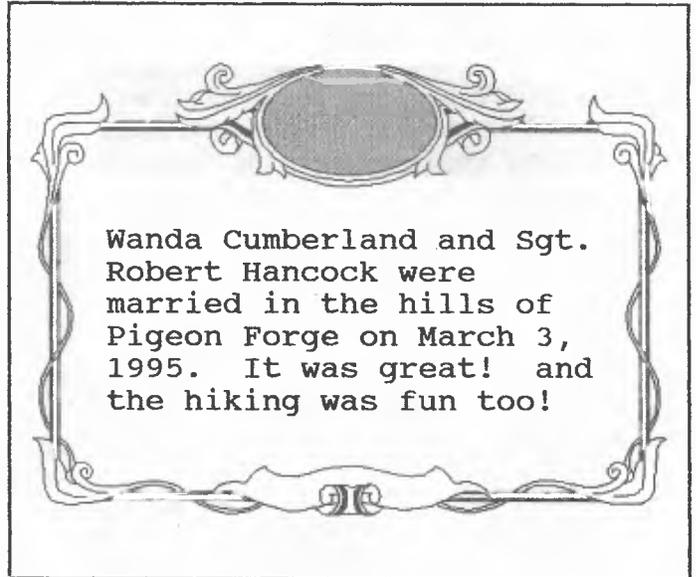
Meets the third Tuesday of each month at 7:00 pm in the Community Room at Governor's Square Mall.

SAT. APRIL 1 10:00 AM CST - FT. CAMPBELL HIKE. Members of the 101st Airborne Division will lead a hike covering a portion of the "back forty" as they demonstrate the correct usage of a compass and give tips on survival on the trails. Equipment will be furnished. Bring backpack with water and snacks. Please confirm participation by calling Wanda at 358-3338.

SAT. APRIL 8 - VIRGIN FALLS POCKET WILDERNESS. Join the Cumberland Mountain Chapter for this beautiful, but difficult hike. For more info, call Bob Washburn (615) 879-5426 (days) or 879-4741 (nights). Or you may call Marvin Shanks 879-9765.

EASTER SUNDAY, APRIL 16, 1:00 PM CDT - INDIAN TOWN BLUFF. Near Ashland City, moderate hike. Call Bob or Wanda at (615) 358-3338 to confirm attendance. All bunnies and rabbits invited!

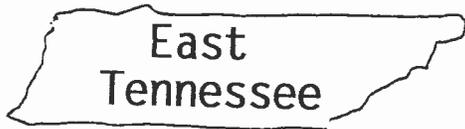
SAT. APRIL 22 - FROZEN HEAD STATE PARK. We would like to invite other chapters to join us there at 10:00 EDT. To confirm, please call Wanda or Bob at (615) 358-3338.



Meeting and hike the third Saturday of each month at varying locations.

SAT. APRIL 8 - VIRGIN FALLS POCKET WILDERNESS. Moderate to difficult, 8 miles. For more info, call Bob Washburn (615) 879-5426 (days) or 879-4741 (nights), or Marvin Shanks 879-9765.

SAT. APRIL 22 - FROZEN HEAD STATE PARK. Wildflower hike with the Clarksville Chapter. Call Bob Washburn or Marvin Shanks for more details.



SAT. APRIL 22 - FROZEN HEAD STATE PARK. One of the premier Spring wildflower walks, we'll climb Panther Branch Trail and descend on North Old Mac, a 5 1/2 mile loop. Meet at the soon-to-be Winn Dixie in Oak Ridge, Illinois Ave. and the Oak Ridge Turnpike (Hwys 62 and 95) to carpool to Frozen Head at 9:30 am EDT or the Frozen Head Visitor Center at 10:00 am EDT. For additional information, call Sally Jaunsen (615) 482-9708 or Judith Bartlow (615) 494-9421.



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

APRIL 1-2 - MOUSETAIL LANDING AND LADYFINGER BLUFF. Details in March newsletter. Contact person is Debbie Gilbert (901) 454-0613.

APRIL 20 - MONTHLY MEETING
Our guest will be a speaker from the Wonders cultural exhibition series, who will present a slide show on the upcoming

"Imperial Tombs of China" display.

SAT. APRIL 22 - BAGLEY BOTTOMS, HOLLY SPRINGS NAT'L FOREST, MISSISSIPPI. Celebrate Earth Day with us by viewing a successful case of environmental restoration. Carpool at 7:30 am CDT in the Piggly Wiggly parking lot at the corner of Perkins and Knight Arnold. We'll meet forest ranger Gerald Inmon at the Abbeville catfish restaurant at 9:00 am. He'll first show us around the Bagley Bottoms project site, and then we'll tour the Ole Miss Biological Field Testing Station. Bring lunch, water, and bug repellent. For info, call Jerri Bull (901) 363-4408.

SAT. MAY 6 - NATHAN BEDFORD FORREST STATE PARK. Near Camden, TN. Carpool at 7:00 am CDT at Kingsway, or meet us at 10:00 am CDT at the Pilot Knob River Museum in the park. The trail separates into three loops, so we have the option of doing a 3-, 5-, or 10-mile hike. Terrain is moderately hilly. For info, call Margaret Dixon (901) 795-8634.

TRIP REPORT

After being cancelled last year due to the ice storm, our walking tour of Oxford, Miss. came off without a hitch February 18th. We had a good turnout, and the weather was perfect. We would like to thank Jerri Bull's brother Nelson for being such a knowledgeable and patient tour guide. We explored a number of historic buildings, including the house at Rowan Oak, though we can't confirm the rumor that William Faulkner's ghost was seen in the hallway. Later, we spent about 20 minutes roaming all

over the cemetery in search of Faulkner's grave--only to find it right by the side of the road with a sign pointing to it!

--Debbie Gilbert



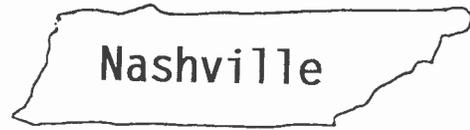
Meets the third Tuesday of each month at 7:00 pm at St. Mark's Methodist Church.

SUN. APRIL 9 - SHORT SPRINGS WILDFLOWER HIKE. Details were published in the March newsletter. Meet at 1:00 pm CDT at the Dairy Queen on Hwy 55 in Tullahoma to carpool to the site. Call Bertha Chrietberg (615) 896-1146 for more info.

APRIL 18 - MONTHLY MEETING. New Murfreesboro chapter members, Chuck and Lou Carter, will show their slides of a backpack across the Grand Canyon, and talk about survival snacks.

SAT. APRIL 22 - EARTH DAY FESTIVAL. The Murfreesboro TTA Chapter will have an educational booth at the Earth Day Festival sponsored by Recycle Rutherford at Old Fort Park from 10:00-3:00.

Mike Harvey was recently elected the new Chapter chairperson. Congratulations, Mike! His phone number is (615) 893-9594.



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

SAT. APRIL 1 - HIKING, TRAIL MAINTENANCE AND TRASH CLEAN-UP AT LONG HUNTER STATE PARK. Meet at 8:30 am CST at the Visitor Center. The park boat is not in operation and cannot be repaired because of the freeze on State spending, therefore, we will have to pack out any trash we pick up, unless some TTA members who own boats/canoes volunteer to bring their boats and we can leave bags of trash on the shoreline for them to pick up. Bring backpacks and daypacks if you have them. We'll supply trashbags. We'll be working on the Volunteer Trail/Day Loop Trail. Call Bob or Arleen Barnett at (615) 832-6484 (home) or 343-0013 (Arleen's work). If we have to do this the hard way (packing it out) we'll need lots of volunteers!

APRIL 8-9 - OLD SETTLER'S TRAIL BACKPACK. This hike had to be cancelled. We originally thought our time-share check-in was Friday evening but it is Sat. evening, We will be doing dayhikes on Saturday and Sunday, if you are interested in joining us. Call for locations and details. Bob & Arleen Barnett (615) 832-6484 (h), 343-0013 (Arleen's work).

APRIL 8-9 - BACKPACK AT LONG HUNTER STATE PARK. Call Libby Francis at (615) 889-5718.

SAT. APRIL 15 - RAMSEY CASCADES, SMOKY MTNS.

Meet at 10:00 am EDT at the trailhead. Turn right on Hwy 73 off of Hwy 321 at Greenbrier between Gatlinburg and Cosby. Follow signs to trailhead. This strenuous 8-mile round trip hike leads to the Park's highest waterfall, passing through an old growth forest and following a stream most of the way. Call Bob or Arleen Barnett (615) 832-6484 (h), 343-0013 (Arleen's work)

SAT. APRIL 22 - PINEY RIVER.

Meet at 10:45 am CDT at the picnic area on Shut-In Gap Road in Spring City. This is a 10-mile, mostly downhill, hike with an abundance of wildflowers, waterfalls, and a great swimming hole (if it's warm enough). Take I-40 East from Nashville. Take exit 317 at Crossville and go south on Hwy 127. After you go through Crossville, the highway will fork. Take the left fork onto Hwy 68. Follow Hwy 68 to the base of the plateau to Spring City. Turn right on Shut-In Gap Road at the Texaco station. The Upper Cumberland Chapter will be hiking with us also. Call Arleen Barnett (615) 832-6484 or 343-0013.

APRIL 28-30 - BIG SOUTH FORK.

Enjoy a weekend of spring hiking. Our hike Saturday is an 11-mile section of the John Muir Trail. It starts at Leatherwood Ford, climbs to Angel Falls overlook, around Grand Gap Loop and back to Leatherwood Ford. This is one of the most scenic trails in the BSF. The hike Sunday will be on the John Litton Farm Loop, a 6.3 mile trail originating at Bandy Creek Campground. Various shorter trails

in this area are another option. Several people plan on car camping at Bandy Creek Friday and Sat. nights, and everyone is welcome and encouraged to do this. It is a 3 hour drive east from Nashville and we need to start the Sat. hike by 8:30 am EDT. For more details and to register, call Nina Fitzgerald (615) 228-9188, or Bob Stephenson at work, 251-3817.

DATE TBA - VIRGIN FALLS. Call Jeannie Myers (615) 860-0842 for details.

RETURN TO MOSSY RIDGE

We were 19 strong on the Mossy Ridge Trail in Nashville on our Feb. 18 hike. Hikers June Dzaba, Carol Dickerson, Jean Harris, Kathie McKenzie, Garry Cox, Joel VanderWerf, Joannie Carnes, Vera Churcher, Stacy Sutcliffe, Sue Wilson, Jennifer Toy, Sandra Turbeville, Kathy Woods, Andrea Frauenberger, Jim Poteet, Kay Olson, Cathy Williams and Libby Frances were joined by a friendly, and no doubt adventurous, red Irish setter

for the entire distance. Later, seven of us continued our hike on the Warner Woods Trail. It was a beautiful and sunny winter morning.

--Ninez Giles

**TRAIL WORK REPORT
SHORT SPRINGS NATURAL AREA
SATURDAY, MARCH 11**

The week of March 5-11 was a crazy weather week in Middle Tennessee with tornado watches, torrential rains and unpredicted snow! The week concluded with a picture-perfect work day at Short Springs--a

cloudless brilliant blue sky and moderate temperatures. The work crew, consisting of Nashville members Bob and Arleen Barnett, Libby Francis, Patti Latta, and Jim Poteet, Ruth Ann Henry of McMinnville, Dudley and Erin King of Tullahoma, Greg Rost of Pulaski, and Heloise and Daniel Shilstat of Murfreesboro, finished the trail route designated for us that day, as well as another spur of the trail which state naturalist, Brian Bowen, did not expect us to be able to get done that day. Brian and his 6-year-old son joined us for part of the day and led us on a hike to see THE PLAN for the rest of the trail system, including overlooks offering views of Busby Falls, Little Busby Falls, and The Drips. When the day's work was completed, we set out to explore down in the creek area where the wildflowers bloom. Our short, steep scramble/crawl down the bluff was rewarded by a very active and splendidly beautiful Machine Falls. We saw some Hepatica, Trout Lily and False Rue Anemone already blooming despite the mid-week wintry blast, and some bluebells ready to burst out in bloom.

The Trash Clean-Up Award goes to Dudley and Erin King, who ingeniously rigged up a tire-hauling pole to carry a car tire up the steep bluffs!

--Bob Barnett



Upper Cumberland

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

APRIL 4 - CHAPTER MEETING, 6:30 PM. Brush up on your wildflowers, because this will be our second annual wildflower quiz! There will be prizes to those who can correctly identify the highest number of wildflower slides presented. There is a possible challenge with the Tennessee Native Plant Society, so don't miss it!

SAT. APRIL 8 - VIRGIN FALLS (WITH THE CUMBERLAND MTN. CHAPTER). Meet at First Union Bank in Sparta at 9:00 am. Contact Bonnie Greene 836-3696.

SAT. APRIL 22 - PINEY RIVER. Meet at Penney's in Cookeville at 9:00 am, Hardee's in Monterey at 9:30 am, Cracker Barrel in Crossville at 10:00 am, or picnic grounds at Piney River at 10:45 am. Contact Paul & Pam Miller 526-9259.

MARCH MEETING

Wow! What a turnout for our March meeting. Forty-eight people attended at the Cumberland Mountain Outdoor Sports on the Square in Cookeville. The response was due in part to David Gallaher's offer to do a program at the store on hiking equipment, and also due to the front page story about the Upper Cumberland Chapter in the Sunday edition of the Cookeville Herald Citizen on March 5.

--Paul D. Miller

ORDER FORM

<input type="checkbox"/>	Hiking Tennessee Trails, 4th Edition	\$ 9.95
<input type="checkbox"/>	TTA Adopt-A-Trail Manual	2.00
<input type="checkbox"/>	25th Anniversary TTA Patch	3.00
<input type="checkbox"/>	TTA Window Decal	1.00

Prices include postage. Mail your check made payable to TTA to:
TTA Membership Director, P.O. Box 41446, Nashville, TN 37204.

ADOPT-A-TRAIL

If you are interested in maintaining a particular trail or section of trail, please contact Jerri Bull, Adopt-A-Trail Coordinator, at (901) 363-4408.

ITEMS FOR SALE

Northface Firefly Tent, perfect condition, used 2-3 times, sleeps 2, 5 lbs. 10 oz., \$150; Vasque Clarion ladies' hiking boots, size 9 1/2, excellent condition, \$50. Call S. Garrard (615) 646-4079.

HIKING TENNESSEE TRAILS, 4TH EDITION By Evan Means, Edited by Bob Brown

Describing more than 125 of Tennessee's best trails outside the Great Smoky Mountains National Park, this extensively updated 4th edition leads you along scenic trails, urban walks, state trails, federal trails, historical trails (including Daniel Boone's path through the Cumberland Gap), handicapped access trails, and much more. The perfect companion to hiking and backpacking in beautiful Tennessee, this guide:

- ..describes trail lengths, degree of difficulty, access, and points of current and historical interest
- ..provides enhanced, detailed maps
- ..includes a list of trail organizations

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

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
VICE PRESIDENT: Jim Johnson (615) 356-6246
CORRES. SEC/TREAS: Judy Van Cleve (615) 473-8136
SECRETARY: Evelyn Tretter (615) 859-0566
BOARD REP: Heloise Shilstat (615) 896-6278
BOARD REP: Bertha Chrietzberg (615) 896-1146
BOARD REP: Bessie Daniel (615) 647-4837
MEMBERSHIP: Ninez Giles (615) 297-2281
CUMBERLAND TRAIL: Bob Brown (615) 352-7474
ADOPT-A-TRAIL: Jerri Bull (901) 363-4408
CLARKSVILLE CHAPTER: J.R. Tate, Chair (615) 326-5453
CUMBERLAND MTN.: Marvin Shanks (615) 879-9765
EAST TENNESSEE: Harold Draper (615) 689-7757
MEMPHIS CHAPTER: Debbie Gilbert (901) 454-0613
MURFREESBORO CHAPTER: Mike Harvey (615) 893-9594
NASHVILLE CHAPTER: Jim Poteet (615) 377-4777
UPPER CUMBERLAND CHAPTER: Paul D. Miller (615) 526-9259

_____ TENNESSEE TRAILS IS PRINTED BY BUDGET RAPID PRINTERS, NASHVILLE 327-1068

Come Hike With Us!
P. O. Box 41446
Nashville, TN 37204