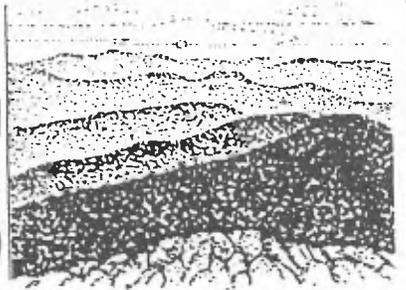


TENNESSEE TRAILS



The monthly newsletter of the Tennessee Trails Association

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 ANNUAL MEETING

Five planned hikes, election of officers, the annual auction, awards presentations, interesting programs, good food and good fellowship in a great setting: the Methodist Assembly at Beersheba Springs.

\$45 per person for two nights lodging and 4 meals

BRING YOUR OWN LINENS

\$30 per person for two nights camping and 4 meals

**Meals: Friday supper, Sat. breakfast, Sat. supper and Sun. breakfast
Sat. lunch \$4.00 extra (They will make sandwiches for your hike).**

MAIL REGISTRATION BY SEPTEMBER 15; FULL REFUND, CANCELLATION DEADLINE IS SEPTEMBER 22. CONTACT BONNIE GREENE 836-3696 OR NORA MILLER 526-9252 FOR ADDITIONAL DETAILS.

REGISTRATION FORM

NAME _____ ADDRESS _____

CITY, STATE, ZIP _____ PHONE _____

TOTAL ENCLOSED: _____ (MAKE CHECKS PAYABLE TO TTA)

MAIL TO: MARNELL COTHRAN, ROUTE 3, BOX 294G, SPARTA, TN 38583

SMOKIES ADOPT-A-TRAIL PROGRAM IN SIXTH YEAR

In 1990, the Great Smoky Mountains National Park began a volunteer trail patrol program. After a small start, the trail program mushroomed in 1991 and 1992 to where most trails in the park were adopted, and a waiting list was started. In the early days of the program, patrollers were asked to walk their assigned trail once a month from March to November and to conduct light maintenance if they wished. As the park became more comfortable with volunteers and the enthusiasm levels shown, volunteers were gradually encouraged to do more and more of their own trail maintenance.

As of mid-1995, the Adopt-A-Trail Patroller program had approximately 200 volunteers. In order to build on the success of this program, the park announced that a new program of volunteer trail maintainers would be formed to supplement the adopt-a-trail program. Don Utterback, newly appointed volunteer trail project coordinator, says that the comprehensive and integrated trails program is the most significant management action taken to improve the park trail system since the Civilian Conservation Corps built many new trails in the park during the 1930s. In the new program, the paid park trail crew, volunteer trail maintainers, volunteer trail patrollers, and park law enforcement patrols will be coordinated by computer to ensure that all trails receive adequate maintenance and rehabilitation.

The expanded volunteer program has been spurred by continued federal funding cutbacks at the park and the success of the initial volunteer patrol effort. To volunteer at the park, applicants first fill out a standard federal Volunteer Application for Natural Resources Agencies and submit it to the park, indicating their interest in trail patrolling or trail maintenance. Once accepted, volunteers attend a training and orientation session in the spring. Other courses are also offered on such topics as first aid, map and compass, and trail maintenance techniques. Occasionally, quarters are available for volunteers or small groups.

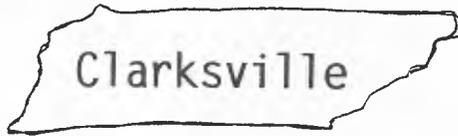
Adopt-a-trail patrollers are assigned a supervising ranger and notify the ranger prior to patrol. Volunteers are encouraged to carry a park radio for emergency communications. Trail maintenance tools are also available for volunteer use. At the end of a patrol, each volunteer submits a trail patrol report, detailing the trail patrolled, miles walked, number of visitors using the trail, and maintenance performed. Trail patrol reports are used by the backcountry office to keep current on trail conditions, and by the park to determine maintenance needs.

For more information, contact Don Utterback, Great Smoky Mountains National Park, 107 Park Headquarters Road, Gatlinburg, Tennessee 37738; telephone 423-436-1265.

(prepared by Harold Draper, patroller for the Curry Mountain Trail since 1991)

CHAPTER NEWS

TRIP REPORT



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

SATURDAY, SEPT. 9 - RADNOR LAKE. Meet at 10:30 am at Visitor Center for a short but strenuous hike. Call Robert Ally 647-7960 or John Sneed 648-3828.

SATURDAY, SEPT. 16 - CHAPTER AND FRIENDS PICNIC AT PORT ROYAL STATE PARK. Under the pavilion across the covered bridge at 6:00 pm. There will be a hike at 4:00 pm. Meet in parking area across from covered bridge. Call Wanda Cumberland 358-3338 or Bessie Daniel 647-4837.

SEPT. 19 - PLEASE NOTE THAT THERE WILL BE NO MONTHLY MEETING IN SEPT.

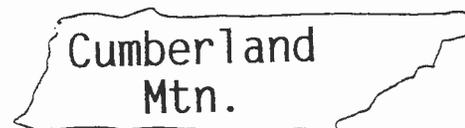
SEPT. 22-23 (FRI-SAT) - ROAN MOUNTAIN. J.R. Tate will lead a hike in the Roan Mtn. area. This will be an overnight, sleep in a barn event. All chapters welcome to join us! J.R. Tate 326-5453.

SEPT. 30 - PERCY WARNER PARK. Mossy Ridge Trail, 4.5 miles, moderate. Call Robert Ally 647-7960 or Wanda Cumberland 358-3338.

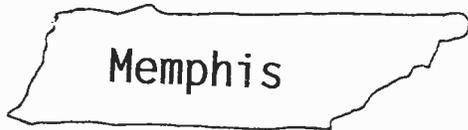
The Clarksville Chapter was well represented in the Smokies of Gatlinburg the third week in July. By day we hiked to the coolest top of every mountain we could find, and by night we hit the streets by way of trolley express. Bessie Daniel, Suva Bastin, Eileen Hurt, John Lenkis, June Miller, Stacey Cumberland, Bob Hancock, Jeannie Nichols, and I all took advantage of this trip. We all would like to thank Harold Draper for leading a hike for us on Sunday. Thank you, Mrs. Draper and children, for sharing your loved one with us on that hike. We only saw one black bear while hiking! Thanks again, Harold!

--Wanda Cumberland

P.S. I also want to thank everyone for the support given for the "Relay for Life" event to benefit the Montgomery County Cancer Society.



SEPT. 9 - OSCAR BLEVINS FARM LOOP, BIG SOUTH FORK. Easy 3.6 miles. Call Bob Washburn (615) 879-5426 or Marvin Shanks (615) 879-9765.



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

SEPT. 21 - MONTHLY MEETING.

Join us as we say farewell to the long, hot summer and discuss upcoming trips. Debbie Gilbert will talk about hiking in Yellowstone National Park.

SEPT. 23 - VILLAGE CREEK STATE PARK.

Near Forrest City, Arkansas. Carpool at Kingsway 7:30 am. Hike begins at park visitor center, 9:00 am. The route we usually hike covers about 6 miles, though there's a shortcut if you don't want to go the full distance. Terrain varies from easy to moderate with some steep bluffs. For info, contact Elaine Green (901) 684-6250.

OCT. 7-8 - SHAWNEE NATIONAL FOREST, SOUTHERN ILLINOIS.

This is an overnight trip. There will be a Saturday morning hike for those who camp Friday night. Saturday afternoon and Sunday morning hikes will also begin at locations to be announced. Shawnee has lots of short, scenic trails with dramatic cliffs carved out eons ago in the Ohio River watershed. We'll be staying in Ferne Clyffe State Park, which is inside the national forest. There are primitive campsites (\$6) and a modern campground with showers and hookups (\$11). Motels

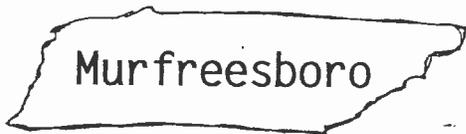
are available in the town of Marion 15 miles away. Shawnee is about 200 miles from Memphis. To get there, take I-55 to Sikeston, MO, get on I-57 and follow the signs. (From Nashville, take I-24). For more info, call Ray or Martye Burkett, (901) 357-9183. Other useful numbers: Ferne Clyffe (618) 995-2411; Shawnee Nat'l Forest 1-800-699-6637.

*TRIP REPORT
SPRING RIVER CANOE TRIP
JULY 16*

Fifteen TTA persons put 8 canoes in at Dam 3 and floated down to Spring River Oaks campground. All paddlers did extremely well, except the trip leader, who, after explaining how not to get your canoe hung up on the rock ledges, proceeded to hang up on a rock ledge and could only watch as his canoe filled with water and sank. I had coached them to wear the PFD (personal flotation device) at all times while in the boat. I was wearing mine when I took the unplanned swim.

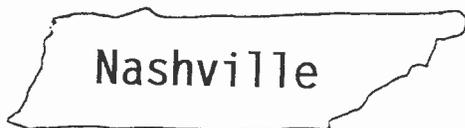
The temperature was in the high 90's with the humidity level about the same as the temperature. We took several planned swims to cool off. We didn't see too much wildlife (probably because of the heat and several hundred canoes on the river). The camping Friday and Saturday nights was very pleasant once the sun went down.

--Paul Goldstein, Trip Leader



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

SEPT. 19 - MONTHLY MEETING. Tom Shepherd will show and tell about camping in the Okefenokee Swamp. We'll have lemonade and snake oil for you!



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

LABOR DAY WEEKEND - BIG BONE LICK S.P. TRIP HAS BEEN CANCELLED.

SEPT. 7-10 - GRANDFATHER MTN. TRIP IN NORTH CAROLINA HAS BEEN CANCELLED.

SEPT. 9 - BLEDSOE CREEK STATE PARK. Come for some or all of the fun near Gallatin. Meet at the park office at 4:00 pm for a 2-hour hike and a light picnic supper following (grills are available). After it gets dark we will repeat the earlier hike, seeking out nighttime sights and sounds, and enjoying the almost-full moon. Bledsoe Creek offer some lakeside campsites and the campground is rarely crowded. This park offers a delightful camping opportunity without driving far away from Nashville. To get there, go 6 miles east of Gallatin on Hwy 25. A

2-hour Sunday morning hike will start from the park office at 8:30 am. If the weather is warm enough (ha!ha!), we will swim at the LaGuardo Recreation Area on Hwy 109 south of Gallatin on the way home. Preregister for all or part of this outing by calling Bob or Arleen Barnett 832-6484.

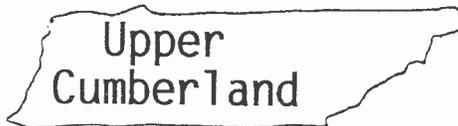
SEPT. 16 - TRAIL MAINTENANCE HIKE AT CEDARS OF LEBANON STATE PARK. Bob will lead a clean-up and trail maintenance hike on the Hidden Springs Trail. Meet at the park office at 9:00 am and then caravan to the trailhead for the 4 1/2 mile work-hike. Bring gloves, plenty of water and snacks. Bob will supply garbage bags and some tools. The hike should take about 3 hours and will be followed by a pizza party in either Lebanon or Murfreesboro. Please preregister by calling Bob or Arleen Barnett 832-6484. To get to the park, take exit #238 off of I-40 east of Nashville and go south on Hwy 231. The park is on the left.

SEPT. 24 - ASHLAND CITY RAILS TO TRAILS HIKE. 5 miles roundtrip, easy. An excellent hike for a fall afternoon, this is the newest Rail to Trail and may eventually be part of an extensive system running along the Cumberland River from Nashville to Clarksville. The old rail bed, following WMA ponds and lakes, contains numerous waterfowl and spectacular trestles. Bring a lunch and binoculars are a must. We will meet at 12 noon CST at the Ashland City County Courthouse in the center of town. For details, contact Rob Weber (615) 952-2949.

SEPT. 28 - PROGRAM MEETING AT CUMBERLAND SCIENCE MUSEUM. Judith Foster and Elizabeth Gerlock will present a program on their recent walking trips in Italy and Switzerland.

OCT. 7 - CHIMNEY ROCK AND GREENWOOD CLIFF, PICKETT STATE FOREST. 4 miles roundtrip, moderate with some rock scrambling. For those who missed it, here's your chance to climb Chimney Rock and claim it for Tennessee. We'll also make side trips to James Smith's Rock House, Smokehouse Arch and the spectacular and unusual Greenwood Cliff. We will meet at the Pickett State Park office at 9 am CST. For details, contact Rob Weber (615) 952-2949.

HIKING HOTLINE - 367-7045



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

SEPT. 5 - MONTHLY MEETING AND PICNIC AT DENISE CHARVOZ'. Meeting will start at 6:30 pm at Denise's house. Come as early as you can for a pre-meeting walk or two. Bring some goodies for a potluck. Contact Denise Charvoz 738-3595, Sparta.

SEPT. 9 - COLDITZ COVE AND OSCAR BLEVINS FARM LOOP with the Cumberland Mtn. Chapter. Meet at

Penney's in Cookeville at 9:00 am. Meet at the Colditz Cove trailhead at 10:30 am. 5 miles, easy. Contact: Barbara Phifer 537-6852, Algood; or Marvin Shanks 879-9765, Allardt.

SEPT. 16 - LAKE TRAIL AT CUMBERLAND MTN. Meet at First Union Bank in Sparta at 1:00 pm or at the Boat Dock at the park at 2:00 pm. 5 miles, easy. Hike followed by optional supper at park restaurant. Contact: Bonnie Greene 836-3696, Sparta.

SEPT. 30 - VIRGIN FALLS FROM THE TRAILHEAD. 7 miles, difficult. Meet at First Union Bank in Sparta at 9:00 am. Contact: Bonnie Greene 836-3696.

OCT. 3 - OCTOBER MEETING AND SLIDE SHOW. Meet at Cookeville Community Center at 6:30 pm. The Community Center is just west of Cookeville High School on Hwy 70, east of Cookeville, behind the Nat'l Guard Armory. Judith Foster will give a slide presentation on her hike in the Swiss Alps and/or walk across England. Contact: Paul & Pam Miller 526-9259, Cookeville.

FOR RENT

Cabin near Center Hill Lake. Sleeps 6. \$50 per night. Call Dorothy Sills (615) 383-1367 for additional details.

SEPTEMBER HIKES/ACTIVITIES

5	Upper Cumberland	Picnic at Denise Charvoz' Home
9	Clarksville	Radnor Lake
9	Cumberland Mtn.	Oscar Blevins Farm Loop/Big South Fork
9	Nashville	Hike/Camping at Bledsoe Creek State Park
16	Clarksville	Hike/Picnic at Port Royal State Park
16	Nashville	Trail Maintenance/Cleanup Cedars of Lebanon
16	Upper Cumberland	Lake Trail at Cumberland Mtn. State Park
22-23	Clarksville	Roan Mountain
23	Memphis	Village Creek State Park, Arkansas
24	Nashville	Ashland City Rails to Trails Hike
30	Clarksville	Mossy Ridge Trail, Percy Warner Park
30	Upper Cumberland	Virgin Falls

Oct.

7-8	Memphis	Shawnee Nat'l Forest, Illinois
7	Nashville	Pickett State Forest

SOUTH CUMBERLAND RECREATION AREA (615) 924-2980 OR 924-2956

Sept 2	10 am	Small Wilds Excursion, Easy, 5 miles
Sept 3	1 pm	Ranger Creek Falls, Strenuous, 7 miles
Sept 10	6 pm	Raven Point Sunset, Easy, 2 miles
Sept 16	10 am	Dog Hole Trail, Moderate, 4.5 miles
Sept 24	10 am	Franklin Forest Walk-Thru, Moderate, 8 miles
Sept 30	9 am	Lost Cove Cave Tour, Strenuous, 5 miles



Warner Park Nature Center

1995 Fall Schedule

Enjoy the golden days of fall with the Warner Park Nature Center and harvest knowledge on a variety of topics! Programs fill up quickly so register early! To make reservations call 352-6299. Please note that all children under 8 must be accompanied by an adult.

Autumn Walk	Wednesday, September 6 5-7 p.m.	Registration opens August 23 Age level: Adults	With the arrival of autumn discover our trails and roads while you enjoy the flora and fauna of the Parks. <i>Leaders: Diana McLusky and Georgeanne Chapman</i>
Advanced Birding	Wednesday, September 13 7-9 p.m. Saturday, September 16 7-10 a.m.	Registration opens August 30 Age level: Adults	Birding Alert! Here's your chance to learn from a master! Mike will present an evening of instruction focusing on confusing fall warblers, followed by a hike on Saturday. You'll get great preparation for fall migration. This program is sponsored by Friends of Warner Parks and has a \$10 fee. <i>Leader: Mike Bierly</i>
Fall Wildflower Slide Show	Thursday, September 14 7:30-9 p.m.	Registration opens August 31 Age level: Adults	While our hikes are wonderful indeed, through slides you can see a tremendous variety of our fall bloomers at one time. <i>Leader: Deb Beazley</i>
Wigglers	Tuesday, September 19 1:30-2:30 p.m.	Registration opens September 5 Age level: 3-5 years	Who wiggles around a lot? Who likes to play in dirt and hide in leaves? You do and so do earthworms. Come investigate these special creatures with our very own vermiculturist. <i>Leader: Hazel Cassel, Volunteer Naturalist</i>
Fall Wildflower Hikes	Friday, September 22 and Saturday, September 23 9 a.m.-Noon	Registration opens September 8 Age level: Adults	Explore the Parks' meadows when they are blazing with blooms, while a naturalist overwhelms you with stories and facts about each. <i>Leaders: Sandy Bivens and Deb Beazley</i>
Bird Banding Day	Tuesday, September 26 9:30 a.m.-2:30 p.m.	Registration opens September 12 Age level: All ages	A bird in the hand is an amazing sight! Drop by anytime today and meet a bird close up and learn the hows and whys of bird banding. <i>Banders: Sandy Bivens, Diana McLusky, and Band-Aids</i>
Prehistoric Tennessee	Wednesday, September 27 7-9 p.m.	Registration opens September 13 Age level: Adults	This slide overview covers lifeways of Native Americans in Middle Tennessee from 12,000 years ago until European settlement. Bring your finds for identification. <i>Leader: John Froeschauer, Middle Tennessee Naturalist, Tennessee State Parks</i>
Bird Walks	Thursday, September 28 and Saturday, September 30 8-11 a.m.	Registration opens September 14 Age level: Adults	A morning of fall birding may turn up some exciting migrants, last looks at some summer residents, and definitely some confusing fall warblers. Grab your binoculars and join us for a morning walk. <i>Leaders: Sandy Bivens and Diana McLusky</i>
Biopollutants: Problems from the Past, Present, and in Our Future	Friday, September 29 6-9 p.m. Saturday, September 30 8:30 a.m.-5 p.m.	Please call to register Age level: Adults	This two-day educator workshop focuses on problems associated with the introductions of exotic plants and animals, and how they affect native flora and fauna of Tennessee. Participants are required to have completed Project Learning Tree or Project Wild to attend. This workshop is recommended for middle and high school teachers. <i>Coordinators: Judy Dulin and Margo Farnsworth</i>
Time Travel With Trees	Tuesday, October 3 1:30-2:30 p.m.	Registration opens September 19 Age level: 4-8 years	Everyone knows living trees are valuable, but did you know that dead trees are just as important? See what happens from when a tree first falls until it finally decomposes. <i>Leader: Jane Logan, Volunteer Naturalist</i>
Frogs and Toads	Wednesday, October 11 7:30-9 p.m.	Registration opens September 27 Age level: Adults, kids 12 and up	Follow Bob and Pandy English in their research of the 21 species of frogs and toads native to Tennessee. Through slides and recordings, travel from the western swamps to the mountains and experience Tennessee's diversity of amphibian habitats and species. <i>Leaders: LEAPS</i>
Who-o-o Is That?	Thursday, October 12 1:30-2:30 p.m.	Registration opens September 28 Age level: 3-5 years	The owl was the pet of Athena, the goddess of the Parthenon. Come learn if owls are really wise. What do they talk about at night while you're asleep? <i>Leader: Jean Yeatman</i>
Nature Journaling Workshop	Saturday, October 14 9:30-11:30 a.m.	Registration opens October 2 Age level: Adults, kids 9 and up	Listen to the voice of Nature. She speaks through the wind, the birds, the trees, and the flowers. Using our own unique impressions and sensations we will take the opportunity to use "our" voices to write, draw, or otherwise pay tribute to Mother Nature. <i>Leader: Debbie Hill</i>
Fourth Annual Fall Family Campfire	Friday, October 20 7-9 p.m.	Registration opens October 6 Age level: All ages	Bring the whole family for an evening of old-fashioned storytelling around the campfire! Bring a lawn chair or blanket, your favorite story, and enough marshmallows to satisfy your sweet tooth. <i>Storytellers: Judy Dulin and John Hardcastle, Friends of Warner Parks</i>
Discover the Nature Center Day	Saturday, October 21 8 a.m.-4:30 p.m.	Registration not required Age level: All ages	Join us for a fun-filled and educational Saturday at the Nature Center! We'll have something for everyone with programs that range from a spiderweb hike to a composting class, bike rides, and even ecology-related song and dance!
Spiderweb Walk	Saturday, October 21 7-9 a.m.	Registration opens October 9 Age level: All ages	Enjoy an early morning stroll amidst the dew-covered webs of our arachnid friends as they perform their feats of amazing skill and beauty. <i>Leader: Deb Beazley</i>

ORDER FORM

_____ Hiking Tennessee Trails, 4th Edition	\$ 9.95
_____ TTA Adopt-A-Trail Manual	3.00
_____ 25th Anniversary TTA Patch	3.00
_____ TTA Window Decal	1.00

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

ADOPT-A-TRAIL

TRAIL MAINTENANCE VOLUNTEERS NEEDED! If you would like to be placed on a call list for trail maintenance, contact Rob Weber at (615) 952-2949 for details.

If you are interested in maintaining a particular trail or section of trail, please contact Harold Draper, Adopt-A-Trail Coordinator at (423) 689-7757.

NEW MEMBERS

- | | | |
|---|---|---|
| Clarksville Chapter | - | Charles & Joan Putnam (615) 647-4197
Christina & Billy Martin (615) 552-6155
Mihaly Bartalos (615) 647-6958 |
| Cumberland Mtn.
East Tennessee | - | Cheryl Henderson (615) 687-8541
Ray & JoAnn Garrett (615) 483-4466
Linda & Jack Doyle (615) 483-6561
Joe Harper (615) 457-1503 |
| Memphis | - | JoAnne McGrath (901) 366-7369
Trinh Chau (901) 362-3190
Amanda Beaty (901) 863-3519 |
| Murfreesboro
Nashville | - | Faylene Timbs Ford (615) 895-2314
Peter & Kathleen Roberts (615) 373-9913
Norman McBurney (615) 833-1270
Lynda Metlika (615) 876-2860
Andy Meeks (615) 368-7795
Ron & Janis Mathews (615) 790-7950
Ryan Howard (615) 383-6834
Mavis Harrop (615) 662-1984
Larry & Shery Harber (615) 373-4861
Gil & Jason Gibbs (615) 382-7052
Virginia Gasser (615) 399-7994
Sallie Carwell (502) 842-8895
Virginia BrightLand (615) 292-0328
Ronnie & Vicky Burke (615) 781-1816 |
| Upper Cumberland | - | Shannon Cox (615) 484-4665
Cumberland County Executive/Courthouse |

MEMBERSHIP FORM

Memberships are based on the Jan-Dec. calendar year, unless you have a Life Membership. Please register me for the 1995 calendar year.

Student	6.00	MAIL TO: Membership Director
Individual/Family	15.00	Tennessee Trails
Supporting \$30,\$40 or 50.00		P. O. Box 41446
Life	150.00	Nashville, TN 37204

NAME: _____ DATE: _____

(PLEASE PRINT CLEARLY)

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ HOME PHONE: _____

WORK PHONE: _____ PLEASE LIST ME WITH THE FOLLOWING CHAPTER:

<input type="checkbox"/> CLARKSVILLE	<input type="checkbox"/> EAST TENN	<input type="checkbox"/> MURFREESBORO	<input type="checkbox"/> UPPER CUMBERLAND
<input type="checkbox"/> CUMB MTN	<input type="checkbox"/> MEMPHIS	<input type="checkbox"/> NASHVILLE	<input type="checkbox"/> AT LARGE

ALL NEWSLETTER SUBMISSIONS DUE BY THE 15TH OF THE MONTH. MAIL TO: ARLEEN BARNETT,
NEWSLETTER EDITOR, P.O. BOX 41446, NASHVILLE, TN 37204

1995 TTA LEADERS

President:	Rob Weber (615) 952-2949	Adopt-A-Trail:	Harold Draper (615) 689-7757
Vice-President:	Jim Johnson (615) 356-6246	Clarksville Chapter:	J.R. Tate (615) 326-5453
Corres. Sec/Treas.:	Judy Cleary (615) 473-8136	Cumberland Mtn.:	Marvin Shanks (615) 879-9765
Secretary:	Evelyn Tretter (615) 859-0566	East Tennessee:	Harold Draper (423) 689-7757
Board Rep:	Heloise Shilstat (615) 896-6278	Memphis:	Debbie Gilbert (901) 454-0613
Board Rep:	Bertha Chrietzberg (615) 896-1146	Murfreesboro:	Mike Harvey (615) 893-9594
Board Rep:	Bessie Daniel (615) 647-4837	Nashville:	Jim Poteet (615) 377-4777
Membership:	Ninez Giles (615) 297-2281	Upper Cumberland:	Paul D. Miller (615) 526-9259
Cumberland Trail:	Bob Brown (615) 352-7474		

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Come Hike With Us!
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Nashville, TN 37204