

TENNESSEE TRAILS

THE MONTHLY NEWSLETTER OF THE TENNESSEE TRAILS ASSOCIATION

Mission: 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



2 Seas, 2 Feet One Man's Journey Across the Continent A Slide Show and Talk

In July 2005, 24-year old Andrew Skurka became the first person to walk the entire 7,778-mile transcontinental Sea-to-Sea Route. Taking just over 11 months, Skurka's trek took him from Cape Gaspé on the Atlantic Ocean to Cape Alava on the Pacific, passing through some of North America's most rugged and scenic backcountry and through communities large and small.

Join Andrew as he shares inspiring tales and highlights from his odyssey, Two Seas, Two Feet, while you learn the essence and skills of lightweight backpacking. Leave with a newfound appreciation for this continent's breathtaking wild lands and a compulsion to start walking. Andrew will be making the following stops in Tennessee:

2/14/2006	7:00pm		
Mahoney's	Johnson City, TN	423-282-5413	
2/27/2006	7:00pm		
River Sports	Knoxville, TN	865-523-0066	
2/28/2006	7:00pm		
Blue Ridge Mountain Sports	Knoxville, TN	865-675-3010	
3/2/2006	7:00pm		
Blue Ridge Mountain Sports	Franklin, TN	615-771-5650	

The 7,778-mile Sea-to-Sea Route (C2C) is a network of existing long-distance trails, including the International Appalachian Trail, Appalachian National Scenic Trail, Long Trail, North Country National Scenic Trail, Continental Divide National Scenic Trail, and the Pacific Northwest Trail. It is one of the most challenging long-distance hikes ever conceived because of its northern location, east-west orientation, and length -- a hiker who wishes to hike it linearly and continuously must essentially hike through the winter.

To learn more about Two Seas, Two Feet or Andrew Skurka, visit www.golite.com/2seas2feet/

1st Quarterly Board Meeting

TTA's 1st Quarterly Board Meeting will be held Saturday, February 4th at 1:00 pm central at the TWRA Building at the Ellington Agricultural Center in Nashville (directions to the meeting may be found at www.tennesseetrails.org, then click on the Nashville chapter for directions and a map to its monthly meeting location). All chapter chairmen and board officers are required to attend this meeting or to send a delegate. Any and all TTA members are welcome and encouraged to attend these board meetings also. Come find out how our money is being spent, what exciting trail projects, hikes, and events are in the works for 2006, and share your concerns and suggestions about our organization and the hiking trails of Tennessee. For more information, contact Anne Wesley at tahiker@msn.com or 615-851-1052. We will have a post-meeting dinner at a local restaurant - location to be announced at the meeting based on our stomachs' consensus.

In Memoriam

Hugh Ken Humphreys, who died recently, left his footprint on West Tennessee. He helped design the trails at Shiloh National Military Park in the late 1950's and early 1960's to commemorate the upcoming Civil War Centennial. More than a million hikers have tread the Shiloh trails, supported with maps, awards and other essentials provided by Shiloh Military Trails, Inc. formed by Mr. Humphreys. (One of the favorite trails for TTA members is The Compass Hike.) Ken also promoted trails around the country through a publication guide to hiking trails. A serious speech impediment was no obstacle to his getting people involved in Shiloh trails and this kind and gentle man left a lasting impression on all of us who walked all those miles and answered all those questions and learned about this significant Civil War battle.

Source: The Commercial Appeal
Reporter: Stephen D. Price

Legends of the Appalachian Trail

Clarksville TTA member J.R. Tate, aka "Model-T," has finessed his computer keyboard and brought forth another progeny. *Walkin' with the Ghost Whisperers: Lore and Legends of the Appalachian Trail* is now available and can be ordered online at J.R.'s web site, www.modelt.net. This book sets a somewhat different tone from his first book, *Walkin' on the Happy Side of Misery*, as it allows the reader to get an in-depth look at the Appalachian Trail. J.R. says that he has inserted enough "Model-T drivels" in an attempt to keep the book from becoming a boring travelogue. Written in his unique style, *Walkin' with the Ghost Whisperers* should be anything but boring.

By the way, J.R. is stepping off on his fourth thru-hike of the 2175-mile Appalachian Trail on April 1, 2006—no April Fool's joke! This journey, which he is calling "A Hike for Hope," is a "pledge-per-mile" hike to help raise money for the Clarksville Salvation Army's effort to build a new Shelter for those in need. A penny-per-mile pledge will raise \$21.75 (assuming that Model-T goes the distance). All money goes toward the project—no administrative costs deducted. J.R. hopes to complete the Trail by the end of September. If you would like to pledge, call J.R. at 931-920-2692, or email him at modelt@charter.net. Stay tuned!

Ham and Cheese Breakfast Casserole from Spring BreakAway/BIG DIG

So many of you requested this recipe so here it is!

18 slices white bread, cubed
8 oz. cooked ham, cubed (you can substitute 1 lb. sausage, browned & crumbled)
2 cups shredded Cheddar cheese
1 ½ cups shredded Swiss cheese
2 tsp. Dijon mustard
6 eggs
3 ½ cups milk
½ tsp. onion powder
2 cups crushed cornflakes cereal
½ cup butter, melted

Grease a 9"x13" baking dish. Line the bottom of the dish with half the bread cubes. Sprinkle with ham, Cheddar cheese and Swiss cheese. Top with remaining bread. In a bowl, beat together the eggs, milk, onion powder and mustard. Pour evenly over bread. Cover and refrigerate overnight.

Preheat oven to 375° F. (190° C.). In a small bowl, blend the crushed cornflakes and melted butter. Spread evenly over the casserole. Bake for 45 – 60 minutes until bubbly and golden brown. Let stand 5 minutes before serving.

Don't rile the woodchucks,
They ought to be our friends.
They need to tell us
When the winter ends.
Also known as groundhogs,
Or as marmots too.
Don't rile the woodchucks,
Or they'll be out for you.

-Unknown

Your Generosity Benefits All

When you join or renew your Tennessee Trails membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the regular dues.

In the past, Supporting Member donations in excess of the regular dues were allocated to TTA's general operating fund. At the November 2001 Annual Meeting, TTA's Board of Directors voted to allocate Supporting Member donations to the Evan Means Small Grants Fund. Your tax-deductible Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

TN Side of Walls of Jericho is CLOSED!

The Tennessee part of the Walls of Jericho is not open for hiking yet. Please observe the following instructions...

This is to inform you that the Tennessee Wildlife Jericho hiking trails are not open for public use. The trail heads are so posted and yet we have people who are attempting to hike this closed area. Continued disregard of this mandate could not only result in possible prosecution for trespassing, but can potentially jeopardize the continued development of hiking trails in this scenic area. Therefore I ask your cooperation in not endeavoring to hike in this area until the trails are officially opened some time in the spring.

Sincerely, Jim Schroeder
TTA/TWRA Jericho Trail Development Coordinator

We will try and get information as to when the trail(s) will be open as soon as possible and let everyone know. Sorry for this inconvenience, but until further notice...THE TRAIL IS CLOSED...

CUMBERLAND TRAIL CONFERENCE

CUMBERLAND TRAIL CONFERENCE STAFF:

Executive Director Paul Freeman *paul.freeman@frontiernet.net*
Trail Development &
Maintenance Coordinator VACANT
Office Manager VACANT
Bookkeeper Janet D. Smith *janet.d.smith@frontiernet.net*

Office Location 19 East 4th Street
Crossville, TN 38555
Office Hours 8am-5pm
Phone: 931-456-6259
Fax: 931-456-4934
Email: *cumberlandtrail@rocketmail.com*
Website: *www.cumberlandtrail.org*

Think Ahead into 2006: Spring Breakaway – Soddy Daisy, TN - Dogwood Lodge

How would you like to be part of the kitchen cooking crew for BreakAway 2006? We always need lots of help and we run a happy kitchen. And I'll tell you a secret -- it is fun -- except for that early wake-up call, but you can be first in the buffet line. Someone else does most of the clean up and everyone thinks you are wonderful for putting all that delicious food on the table.

BreakAway 2006 will run for four weeks during the time frame of February 26 to April 1st. The CTC is finalizing the schedule with the schools. We always have a big crowd of college students because they know our ASB is such a good experience. We need cooks and helpers and a dishwasher. If you are interested, give me a call. Please plan on staying several days so you can really learn the routine and also get to know the students. I need to schedule helpers so everyone does not come at the same time. Students arrive on Sunday afternoon and leave after breakfast on Saturday. They are on their own for Wednesday supper - and so are the cooks!

In 2006 we will not ask for food donations, but we will accept cash donations. There have been some minor problems in previous years with transportation and also container sizes. This year we have access to another food wholesaler as well as Sam's so we can keep a smaller inventory for the set menu.

I hope to see all you experienced cooks who worked previous BreakAways and everyone who has been thinking about working for the past three years. Come on, make the commitment, you will be glad you did.

Betty Porter 901-755-4740
Kitchen Coordinator
Ray Haley
Chief Cook

Adopt-A-Trail: We Need Your Help

Due to our thrust to build new trail and the rash of storms over the last couple of years, trail maintenance on the Cumberland Trail has fallen behind in some areas. We need your help by adopting a segment of the Cumberland Trail. You can co-adopt with others if a favorite section is already adopted. Go to the Cumberland Trail webpage and see the Adopt a Trail page for a list of segments.

What do you have to do?

- √ Walk the segment 3 or 4 times a year, especially in the spring.
- √ Do what you can. If you can run a chainsaw, great!
- √ Report to the office what you did and the condition of the trail.

Adoptees can be individuals, families, scouts, hiking groups, or church groups. For more information or questions, contact CTC.

Get Away In Your Own Backyard!

Special Winter Rates at Tennessee State Parks

No more excuses, it's time to get away, especially when Tennessee State Parks is offering special rates on its 360 villas and cabins, and 6 inns to those who seek a change of scenery or a little seclusion (no crowds) during the winter months. From now through March 31, 2006, all state park lodging will be discounted with the presentation of a Winter Discount Coupon.

With a Tennessee State Park's special Winter Discount Coupon, park visitors can buy 1 night and get 1 free. To stay at an inn, guests can purchase 2 rooms for \$79.95 or 1 room for \$42.95. The flexible 2 room special rate allows guests to use 1 room for 2 consecutive nights or use 2 rooms for 1 night.

Guests must present a Winter Discount Coupon upon check-in in order to receive the discount. The discount is good seven days a week and is valid only for reservations made on or after November 1, 2005 (the starting date of this promotion). Holidays are not included and certain other restrictions may apply. To receive a Winter Discount Coupon by mail, call the state park's information line at 615-532-0001 or toll free at 888- 867-2757. Winter Discount Coupons may also be printed from TDEC's web site at www.state.tn.us/environment/parks/promotions/.

The following Tennessee State Parks (with inns and/or cabins) participating in this special Winter Discount promotion are Cedars of Lebanon, Chickasaw, Cumberland Mountain, Edgar Evins, Fall Creek Falls, Henry Horton, Meeman-Shelby Forest, Montgomery Bell, Natchez Trace, Nathan Bedford Forrest, Norris Dam, Paris Landing, Pickett, Pickwick Landing, Roan Mountain, Rock Island, Standing Stone, and Tims Ford.

There is a state park within an hour's drive from anywhere in Tennessee and each offers a wide range of recreational and natural opportunities for individuals, families and groups, so no more excuses, it's time to get away.

Don't Miss an Outing ... Plan Ahead, Register Early!

Our hike coordinators are volunteers. Make it easier for them to contact you if hike needs to be cancelled by registering! There are times when a hike leader must limit (due to park regulations, etc.) the number of participants. Please do not wait until the afternoon or evening before the outing to RSVP. Plan ahead and register early.

Attention: Hike Coordinators

A TTA *Release of Claims & Hold Harmless Agreement* form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our website:

www.tennesseetrails.org/release.php

Carpool Etiquette

Gasoline prices have continued to roller coaster up and down. Please be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of gasoline (i.e. bring small bills, it'll save time and prevent the inconvenience). Your driver is not a chauffeur. Assist him or her by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing. All passengers must wear seat belts to minimize the risk of injury in case of an accident!!! The drive is generally the most dangerous part of any hiking trip.

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Charles Gibbs
423-628-5678; cgibbs@nxs.net

SECRETARY-TREASURER: Benita Howell
423-628-5521 or 865-974-7797, bhowell@nxs.net

BOARD REPRESENTATIVES: Tim and Lynn Takacs
615-824-7048, lynntakacs@comcast.net or
ttakacs@comcast.net

OUTINGS COORDINATOR:
(call & volunteer to lead an outing)
Eric Wilson 423-628-2817, ericavi@nxs.net

Feb 18 "The Slide," Rugby, TN. Bob and Mary Hemminger will lead this hike to a favorite Rugby creek-side beauty spot. Meet at Harrow Road Cafe at 10:00 am ET to car pool to Laurel Dale Cemetery. From there, we'll follow the upper Meeting of the Waters trail, visit the Slide, then continue to the Meeting and circle back to the Cemetery. Dress appropriately for the weather. This hike is rated moderately difficult because of steep trail sections and potential ice. To register and for additional information, e-mail Bob at dagbob@juno.com.

CLARKSVILLE CHAPTER

CHAPTER OFFICER: Merri Hinton

andrews@logantele.com

CO-CHAIR: Suva Bastin

931-645-2849

SECRETARY: Lucy Weikel

931-358-5794 j107sw@aol.com

TREASURER: Sandy Janus

931-551-8523

OUTINGS COORDINATORS:

(call & volunteer to lead an outing)

Sandi Hamilton 931-920-2760 billhamilton@charter.net

MEETING: Monthly - 3rd Tuesday, 7:00 pm CT. Crow

Community Center, 211 Richview Rd (Public is cordially invited!)

Feb 4 Ashland City Rails to Trails. Hike between 4 to 12 miles along this old Railroad track along the Cumberland River. We can see if there are any Eagles in the nest across the river. Rated easy. Call Bob Lyon for hike details and to register 931-648-2354

Feb 11 Montgomery Bell State Park- East of Dickson. 11.5 mile hike, Easy Nicely wooded trail, and abandoned iron ore pits, are seen from this trail. This trail passes along two lakes and has access to three shelters. Contact Matthew Mondary 931-503-8335

Feb 18 Werner Park- Nashville, Mossy Ridge Trail 5 miles easy. Pleasant Winter hike in Nashville. Call Jack Bastin to register 931-645-2849

Feb 25 Indiantown Bluff- Ashland City. About 4 miles moderate to difficult. This lovely trail goes through some woods overlooking the Cumberland AND the Harpeth Rivers. It ends at a bluff overlooking the junction of these two rivers. It can be somewhat difficult as the trail is steep in several sections. Call Sandi Hamilton 931-920-2760 to register.

Feb 25 Dunbar Cave- Clarksville. We are having an alternate hike at Dunbar Cave. This is a fairly easy trail that winds through the woods, around sinkholes, and comes out along Swan lake. Call Lucy Weikel 931-358-5794

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm

423-562-1110, Richard.Helm@ahss.org

CO-CHAIR: Mari Haslam

423-562-3227, pittsteelersfan@earthlink.net

MEETING: Monthly - 2nd Monday at 6:00 pm ET

LaFollette Recreation Center's Craft Room, 201 S. 9th St.

No hikes scheduled at this time. In the meantime, check out other TTA chapter hike listings and join a hike!

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Sherrie Yokley

931-381-9274, yokley2004@bellsouth.net

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

MEETING: Monthly - 1st Tuesday at 6:30 pm CT

Grand Buffet (North of Spring Hill)

Feb 11 We will work on the trail that will lead to Stillhouse Hollow Falls. The Stillhouse Hollow Falls property was recently purchased by the Tennessee Parks and Greenways Foundation.

(cont') COLUMBIA/FRANKLIN CHAPTER

(cont') Feb 11 The Columbia-Franklin Chapter received a grant from TPGF to build a trail to the 75' high, cascading waterfall. The planned trail is less than one-half mile in length, crosses a shallow creek and will end at an overlook at the falls. We will work from 9:00 am to 3:00 pm. Bring water, lunch, gloves and a willingness to work. All tools will be provided. We will meet on the Columbia Bypass (Hwy 43) immediately past the white Judge Ed Workman Bridge just south of Mount Pleasant. Please call Rick Lausten at 615-373-0029 (home), 615-516-1417 (cell) or email at saturncar1@aol.com to register. Should we have inclement weather, the make-up work date will be Feb 18, same time.

Feb 25 Bob Warnica will lead a hike in the Savage Gulf State natural area of Great Stone Door, Big Creek Gulf and return via the Big Creek Rim Loop. This moderate hike (elevation change about 700 feet) will be about 8.1 miles in length. We'll see the Great Stone Door, a crevice in the rock bluff that is about 10 feet wide and 100 feet deep. After passing through the Stone Door, we'll reach Big Creek Trail and follow this cascading, occasionally disappearing creek upstream and see the 30' tall Ranger Creek Falls. We hike back to the bluff rim and return via a level trail and have several overlooks of Savage Gulf. Be sure to bring water, lunch and have sturdy hiking boots as the Big Creek Trail can get a little rugged. We'll leave from the A&D Market on Hwy 431 (1883 Lewisburg Pike) at 7:30 am. Call Bob to register at 615-791-1334 or via email at RWami6@aol.com

PLANNING AHEAD:

Mar 11 More trail work at Stillhouse Hollow Falls. Same time (9:00AM to 3:00PM), same place. Bring water, lunch, gloves and a willingness to work. Rain/inclement weather date will be March 18.

Mar 25 Rick Lausten will lead a hike of the Pot Point Loop Trail near Chattanooga. This 11.9 miles moderate trail has an elevation change of 400 feet. We'll hike over a large natural bridge and have wonderful views of the Tennessee River Gorge. There are several creek crossings, so be prepared. Bring lunch, water and have sturdy hiking boots. We'll leave at 7:00AM from the A&D Market on Hwy 431 (1883 Lewisburg Pike). Please call Rick Lausten at 615-373-0029 (home), 615-516-1417 (cell) or email at saturncar1@aol.com to register.

Apr 8 Bridge building at Stillhouse Hollow Falls. We'll build a bridge over the creek that feeds Stillhouse Hollow Falls. Bring battery-powered drills, saws, and carpentry tools. Lumber and screws will be provided. Bring water, lunch, gloves and a willingness to work. We'll meet at 9:00 am and work until the bridge is finished. The rain date will be April 22.

Apr 15 Marvin Caine will lead a hike of the Short Springs Trail. This 3-mile hike follows streams, has a wonderful wildflower loop and we'll see Machine Falls, a 60-foot stairstep waterfall. More later.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall

rosemary_1@hotmail.com

OUTINGS COORDINATOR:

(call & volunteer to lead an outing)

Bob Uhren, snowcap34@charter.net

TREASURER: Harold Draper, h.m.draper@att.net

Feb 4 Hickory Bend Bluffs. A 3-mile loop along the shoreline of Melton Hill Reservoir in Loudon County. Parts of the hike are off-trail, steep and rocky, with poor footing, so this is not an easy hike. We will be rewarded with good views from steep bluffs 200 feet above the lake. Meet at the Earth Fare Supermarket in the Turkey Creek Shopping Center complex, Parkside Drive, western Knoxville, at 9:00 am to carpool to the trailhead. Contact snowcap34@charter.net for more information.

(cont') EAST TN CHAPTER

Feb 11 Cumberland Trail--first official hike on newly-constructed eastern section of the Bird Mountain Segment. In November 2005 CTC completed roughly 2 miles of new trail along the crest of Bird Mountain west of Frozen Head State Park. The trail lies at elevation 3,000 feet and passes scenic overlooks and rock features that have been seen by very few. We have given some of them temporary names: Gobey Overlook, The Stepping Stones, The Dagger, and Castle Rock East. Perhaps you can name others. We will meet at the Park Visitor Center at 9:00 am and conduct a short car shuttle. We'll then hike up a closed Park road (more like a trail, really) to Ross Gap where we'll access the brand new Cumberland Trail. Be in a mood for exploring this wonderful addition to our State Park system. The new trail terminates at the Park's Bird Mountain Trail, which we'll use to descend to the camping area. Total distance is about 6-1/2 miles with approx 1,500 ft. elevation gain. For more information call Warren or Carol Devine at 865-483-7894 or wdevine@bellsouth.net.

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: Doug Ratliff

931-455-0249, dougratliff@hotmail.com

MEETING MONTHLY: 3rd Tuesday at 7:00 pm, see announcement below for location.

Feb 11 Carter State Natural Area (Buggytop trail). Join us for this 4 mile roundtrip hike to Buggytop cave. This hike is rated moderate due to the climbs. After the hike, we'll have lunch at an area restaurant. To register, contact Brent Morris at 931-728-8726 or email brentmorris@ispwest.com.

Feb 21 MONTHLY MEETING We will meet again at the Western Sizzlin' Restaurant in Tullahoma. You can arrive as early as 6:00 pm to eat and socialize. The business meeting/program will start at 7:00 pm. See you there.

JACKSON CHAPTER

CHAPTER OFFICER: Gary Cooper

731-424-5375 gcooper52@yahoo.com

MEETING: Meeting: Monthly: 1st Tuesday at 7:00 pm CT Lambuth University, 705 Lambuth Blvd, Hyde Hall in basement on Maple Street. Look for TTA signs.

Feb 7 MONTHLY MEETING Come and discuss past and future hikes. Visitor always welcome.

Feb 11 Fort Pillow State Park, Henning, TN- This is an 8-mile hike through hardwood forest. This hike is rated moderate due to the hilly terrain. We will meet at Park Interpretative Center. Anyone interested in carpooling or more information and for time to meet call Candy Higgs 731-660-2332 chiggs@armstrongallen.com

Feb 18 Tishomingo State Park, Mississippi- We will jo in the Memphis Chapter for a 7-10 mile hike winding along rocky bridges with spectacular views, through shallow fern-filled canyons, and across the Bear Creek Swinging bridge constructed in the 1930's. Bring lunch and water. Registration required. For carpool information and to register contact Glen Rognstad 731-217-5966 grogstad5966@charter.net. Directions: Entrance road is 15 miles +/- a couple south of Iuka on 25. Follow the signs shortly after the town of Tishomingo. After you turn left off 25 at the park sign, you will come to a sort of 'y'. Take the left branch. Best place to meet is at the tollgate. There is a parking lot to the right just before entering the park through the gate. Can regroup into lesser vehicles or whatever before entering. There is a small parking fee.

MEMPHIS CHAPTER

CHAPTER OFFICER: Carolyn Pierce

901-755-5635, cedpierce2000@yahoo.com

BOARD REPRESENTATIVE: Gloria Lenski

901-213-0604, glorialenski@yahoo.com

MEETING: Monthly (Sept - May) 3rd Thursday at 7:00 pm Meeting Location: Cordova Library, 8457 Trinity Rd. 901-754-8443 Located off Germantown Parkway east on Trinity Rd. 1 1/8 mile. On the right - shares an entrance with Bert Fergerson Community Ct.

Feb 4 Lucius Burch Natural Area. Meet at 9:00 am in the Lucius Burch National Area off Germantown Road. Turn off at the traffic light on Germantown Road between Agri Center & Lowe's. Bring water and a snack. Weather permitting we will do a 4-5 mile hike. For information call Margaret Dixon at 662-893-1794 or Jerry Lenski 901-213-0604.

Feb 16 MONTHLY MEETING Meet new friends and hear about past and upcoming hiking trips. New Hikers Welcome! Meet at the Cordova Public Library at 7:00 p.m.

Feb 18 Tishomingo State Park, Mississippi This is a joint hike with the Jackson Chapter. We will hike a 7-mile trail winding along rocky ridges with spectacular views, through shallow, fern-filled canyons, and across the Bear Creek Swinging bridge constructed in the 1930's. Bring lunch and water. Registration required. For information and to register contact Gil Griffin 901-767-0529. Directions: Entrance road is approx 15 miles south of Iuka on 25. Follow the signs shortly after the town of Tishomingo. After you turn left off 25 at the park sign, you will come to a sort of 'y'. Take the left branch. After entering the park tollgate, meet at the swinging bridge parking lot.

MURFREESBORO CHAPTER

CHAPTER OFFICER: Anna Bertram (also Board Rep.)

615-765-5357, abertram@heartoftn.net

OUTINGS COORDINATOR:

(Call & volunteer to lead an outing)

Ron Dunn

615-867-3301, trekkingtn@yahoo.com

MEETING: Monthly - 2nd Tuesday at 7:00 pm CT

Barfield-Crescent Park's Wilderness Station

697 Barfield Rd., Murfreesboro

Feb 4 Walls of Jericho. The round trip hiking distance is 7.5 miles and rated difficult due to the 1,000' ascent out of the valley. (Total cumulative ascent is 1450'.) The area has some very interesting geology, caves and waterfalls. We'll stop for lunch near the old Clark cemetery before continuing on via the upper trail. Now that the leaves are gone we should have some awesome views of the walls themselves. Registration is required. We will meet at the overflow parking lot at Sam's Club off I-24 at Exit 78 A and leave at 7:30 am. Contact Gary Frost at 615-355-6712 or gap_frost@hotmail.com.

Feb 11 Montgomery Bell (West) Loop, Montgomery Bell State Park. Burns, TN. We will hike 7.2 miles through diverse forest rich in Tennessee beauty and history. Along the way we'll visit a chapel and log cabin commemorating the birthplace of the Cumberland Presbyterian Church. In addition we may be fortunate enough to spot some of the wildlife (deer, hawk, pileated woodpecker) that calls the park home. The hike is rated moderate and does involve small creek crossings so proper footwear is suggested as is layered clothing this time of year.

(cont') MURFREESBORO CHAPTER

(cont') Feb 11 If there is sufficient interest we may also make a brief visit to the historic Narrows of the Harpeth on our way home. Bring water, hearty snacks to hold you over and \$\$ for a late lunch at Carl's Perfect Pig in White Bluff. Montgomery Bell charges a State Park Access Fee so if you don't have an annual pass bring \$3 to feed the machine. Hike will go rain or shine. Contact Ron Dunn at 615-867-3301 or trekkingm@yahoo.com.

Feb 14 MONTHLY MEETING Bring your sweetheart with you for this special presentation on Valentine's Day. Clarksville Chapter TTA member, J.R. "Model-T" Tate, recently released his second book, *Walkin' With the Ghost Whisperers: Lore and Legends of the Appalachian Trail*. Many of you have his first one, *Walkin' on the Happy Side of Misery*, which tells of his joys and tribulations as he through-hiked the A.T., not once, but three times. His new book recounts the folklore, tales, and other stories of the A.T. he has accumulated during his foot travels, laced with his special sense of humor and talent for picturesque prose. J.R. will have both books available at the meeting for sale and signing so bring your checkbooks. You are also invited to join us for a meal at 5:00 pm at the Shoney's Restaurant on Church Street (near the interstate) if you would like to spend more time with J.R. and his lovely wife, Judith.

Feb 25 Beginner New Comer Hike at Warner Park. Nashville, TN. Just a touch of challenge. Plan to join us for this 4 1/2 mile loop along the ridge top of Percy Warner Park, rated moderate for hills. The group will travel slowly, take breaks and anyone who is interested may join us for lunch after the hike. Nearby possibilities include Loveless Cafe and the Bagel Shoppe. For more information contact Jeanne' Hoechst-Ronner at hoaxie@comcast.net or 890-9084.

Feb 25-26 Bearwaller Gap Backpacking Trip. Carthage TN. This is considered by some to be one of the finest trails in middle Tennessee. It extends along the wooded and rugged shoreline of Cordell Hull Lake for over 5 miles, passing waterfalls, old home sites, and rocky overlooks. The hike will cover 11.2 miles roundtrip and is rated difficult.

(cont') Feb 25-26 The backcountry campsite is about 4 miles. We will stop, set up camp then walk to the Tater Knob Overlook (total distance 5.6 miles). For more information on the trip details, please e-mail Tammy Day at tlday@comcast.net, or call in the evening to 615-904-0009.

PLANNING AHEAD

Please remember to set aside items for the Murfreesboro TTA annual yard sale as you start your spring housecleaning. The probable date this year will be early June.

ANNOUNCEMENT

Millette and Tony Jones have graciously agreed to take over the duties regarding the beverage and disposable tableware for our Chapter.

TTA Logo Shirts – Long-, short-sleeved, and sweatshirts still available. Contact: Anna Bertram abertram@heartofmn.net or 615-765-5357

NASHVILLE CHAPTER

CHAPTER OFFICER: Jim Johnson
615.356.6246, jimjohnsonjr@gmail.com

OUTINGS COORDINATOR:
(call & volunteer to lead an outing)
Nancy Juodenas, njuodenas@hotmail.com

Sue Waldrop
MEETING: Monthly - 4th Tuesday at 7:00 pm CT
TN Wildlife Resources Association meeting room at Ellington Agricultural Center, 5105 Edmondson Pike**

HIKING HOTLINE - 615-367-7045

CHAPTER NEWS: Thank You! Thank You! to the following gift-wrapping elves who volunteered their time on December 17th and 23rd to

(cont') NASHVILLE CHAPTER

wrap holiday gifts for REI's customers as a fundraiser for Cumberland Trail Conference's (CTC's) Spring BreakAway program in March 2006, while at the same time talking to them about hiking, trail building, TTA and the CT: Doug Burroughs, Libby Francis, Jim and Jenice Johnson, Valerie Klein, Sue Lefferts, Jessica Moody and Garnett Rush. Each were asked to commit to a 2-hour shift; however, due to the volume of customers wanting to have their gifts wrapped, several stayed on an extra hour or two, while others stayed the entire day. This event was also the first public appearance of the visual display piece that TTA recently purchased through a grant fund awarded to TTA by REI this past September. (Through the grant fund, TTA purchased several "marketing" items to be used together or separately when promoting TTA/CT at public gatherings.) The display helped by getting customers' attention, then added to this, the elves' friendly, smiling faces eager to wrap purchases, equaled a winning combination that raised a total of \$700.00 in donations. These donations have since been forwarded to the Cumberland Trail Conference to buy food to feed the volunteers that come during BreakAway (in March 2006) and lovingly help to build the Cumberland Trail. This was the third time our chapter participated in this type of fundraiser and each time it has been well received and quite successful. Again, a final thank you to the elves (this would not have run smoothly without your help); to REI for inviting us in during this hectic time of year and for providing ALL of the gift wrapping paper (we went through a ton!) plus, the tables and space to wrap the gifts (3 elves were wrapping at the same time – boy, they needed lots of space) and for exhibiting the TTA/CT promotional unit.

Feb 4 Beaman Park First Saturday Hike 9-noon Age level: Adults, 8+ Don't miss this opportunity to take a guided hike with one of the many knowledgeable Friends of Beaman Park volunteers and explore the still new Beaman Park – it's 1,500 acres of forest on the Highland Rim and a natural treasure! Friends of Beaman Park call Warner Park Nature Center 615-352-6299 for reservations and directions.

Feb 11 Collins Gulf: South Cumberland, Gruetli-Laeger, TN. Strenuous hike: 12+ miles, rocky terrain, elevation changes, etc. Trail is subject to closure due to high water. Bring sturdy boots, lunch, sufficient water, and weather-appropriate clothing. Call Doug Burroughs at (615) 587-0085 for further information and to register.

Feb 12 "Double Milk Bone hike" Dogs Welcome! Meet at Deep Wells parking lot at am. We will start hiking at 9:15. We will hike the Mossy Ridge Loop and at that point people can head off or stay and do an additional 2.5 mile loop. Both loops are hilly and rated moderate. Bring snacks and water for yourself and pooch just in case none available. Please remember that the dogs must be leashed. Port-a-potties at parking lot. We will go get some food afterwards. Call Rachel J. at 945-8605 with any questions or if weather is questionable.

Feb 18 Virgin Falls. It is a beautiful hike with several waterfalls and, of course, the end Virgin Falls. It hopefully will be covered with ice and snow if we are lucky. It is considered difficult, one for its 8 mile round trip distance, and secondly because of its difficult rocky ascent out of the river ravine. This is not a beginner's hike but is a very beautiful for experienced hikers. Call Marietta or Jim Poteet at 615-824-7286 or email Marietta at mattheml@bellsouth.net or Jim at jpoteet@gensco.com to register and for further information.

Feb 25 Stone Door Loop. Through the Great Stone Door and down the Big Creek Rim Trail to Greeter Falls for spectacular overlooks of the Gulf. Back via Laurel Falls Trail for a final short loop to Laurel Falls. Rated moderate for distance (9.0 miles). Bring water, snacks, lunch and wear sturdy hiking boots. For more information and to register call Garnett Rush at 352-7217 or e-mail rushga01@yahoo.com.

Feb 28 MONTHLY MEETING This month, the Nashville Chapter's Herb Kneeland and His Merry Band of backpackers will present a slide show of their 2005 trip to the Sierras.

(cont') NASHVILLE CHAPTER

(cont') Feb 28 You may remember their last presentation of a similar trek to California, which set a high standard for breathtaking images and, uh, snappy narrative. Here's the sequel...bring a friend and enjoy the show. 7:00 pm at the TWRA Region 2 Headquarters building at Ellington Agricultural Center Campus. For crystal clear directions, contact Dave Walton at davemarykay@bellsouth.net.

NORTHWEST CHAPTER (UT at Martin / Weakley County)

CHAPTER OFFICER: Jim Clark

731-587-2225, jclark@utm.edu

MEETING: usually the 2nd Thursday, call for confirmation or visit our chapter website. Meetings start at 7:00 pm CT UT Martin Campus, Boling University Center, Room 231

WEBSITE: www.utm.edu/~jclark/trails/

No hikes scheduled at this time. In the meantime, check out other TTA chapter hike listings and join a hike!

PLATEAU CHAPTER (Crossville)

CHAPTER OFFICER: James Hubert

931-459-4839, jhubert1@frontiernet.net

SECRETARY/TREASURER: Mitze Anderson

931-788-6731, Wanderso121@yahoo.com

MEETING: Art Circle Public Library's Community Room, 154 East 1st Street, Crossville

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information or to get on an e-mail list for the hikes, contact Bill Haynes at 931-707-7606 or e-mail sue1290@frontiernet.net for details. Rain cancels.

Feb 9 Meet us at 6:30 pm at the Art Circle Public Library Community Room in Crossville for our next scheduled chapter meeting.

Feb 4 John Litton Loop, Big South Fork. This is a 6-mile hike rated moderate. We'll walk along a ridge, and then see a waterfall, some rock houses and the old John Litton farmstead. Meet at Cracker Barrel's rear parking lot at 8:00 to car pool. For more information and to register, contact Jim McCullough at 931/484-8222 or sue1290@frontiernet.net.

Feb 18 North Chickamauga Pocket Wilderness, Soddy Daisy. This is an 8-mile hike rated moderate to difficult. The hike begins with a moderately steep climb. The scenery includes overlooks, waterfalls, rock formations, and remains of coal mining activity. Meet at the Cumberland Mountain State Park boat dock parking lot at 8:00 for a 90 minute car pool to the trailhead. For more information and to register, contact Bill Harris at 931/484-9152.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Richard Savage

931-526-2035, savage_richard@hotmail.com

Feb 4 Honey Creek Trail, Big South Fork NRRRA, Jamestown, TN. The trail features waterfalls, rock houses, and gorge overlooks. The trail, which is 5 ½ miles long, is rated difficult because of rock scrambles, stream crossings, and steep slopes.

(cont') UPPER CUMBERLAND CHAPTER

(cont') Feb 4 Bring snacks, water, lunch, and wear sturdy hiking boots. You can meet us at 8:00 am CT in the Penney's parking lot in Cookeville. For information and to register contact Louise Miniard at 931-528-9115 or lminiard@flowsolve.com.

Feb 11 Buggytop Trail, Carter State Natural Area, Sewanee, TN. We will hike to Lost Cove Cave's impressive Buggytop entrance which has an 80 foot mouth carved out of a 150 foot cliff. The hike is about 4.5 miles and is rated moderate. We may also hike to Sewanee's Bridal Veil Falls which is a 2-3 mile hike and also rated moderate. You can meet us at 8:00 am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 8:30am. For information and to register contact Cindy Walinski at 931-394-3413 or cwalinski@blomand.net.

Feb 18 Bandy Creek to Leatherwood Ford, Big South Fork NRRRA, Jamestown, TN. We will hike a section of the John Litton Loop, the Fall Branch Trail, and a portion of the Grand Gap Loop to Angel Falls Overlook - perhaps the finest overlook in the park. We will then descend to Leatherwood Ford via the John Muir Trail. Other highlights include the gorge of Fall Branch and a large rockhouse. The hike is about 9 miles and is rated moderate for uneven terrain, narrow ledge crossings, boulder passages, and ladders. Wear sturdy footwear and bring snacks, lunch, and water. You can meet us at 8:00 am CT in the Penney's parking lot in Cookeville. For information and to register contact Pete Broehl at 931-738-3551 or pbroehl@tnaccess.com.

Feb 25 Fiery Gizzard, South Cumberland RA, Tracy City, TN. This hike begins on the top of the plateau within Tracy City. Then, immediately descends into a beautiful old growth hemlock forest at the head of the gorge of Fiery Gizzard Creek. There are lots of impressive rock formations in the area. Later, the trail enters younger forest and ascends further down the creek to an overlook at Raven Point. Those wanting a shorter hike can now return to the beginning via the Dog Hole Trail for a total hike of about 9 miles. The Fiery Gizzard Trail continues mostly on top of the plateau through gently rolling oak forest, reaching Foster Falls at the southern end (about 12 ½ miles). The trail is rated strenuous for the rocky, uneven terrain and the distance covered. Hiking boots are essential. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 7:30am. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

SODDY DAISY CHAPTER

This chapter is being reorganized. For further information contact Charles Jones, East Tennessee Representative At-Large at cejones9@earthlink.net. In the interim, you are welcome to attend other chapters (13 to choose from) outings, events and meetings.



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ttahiker@msn.com

Vice-President

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Rosemary_L@hotmail.com

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VACANT

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Cumberland Trail Conference

Representatives

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sandbar@multipro.com

TN Rails To Trails Advisory Council

VACANT

CHAPTER REPRESENTATIVES ON THE BOARD
 ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor

Leslie El-Sayad *editor@tennesseetrails.org*

Newsletter Deadlines

Deadlines for Chapter announcements
 and articles of special interest
 are due as follows:

Due For Newsletter Dated

Feb 5March 1

March 5April 1

Articles submitted are subject to editing
 and will be included as space permits.

Please send all submissions to:

editor@tennesseetrails.org

ADOPT-A-TRAIL NEWS

ADOPT-A-TRAIL OFFICER:

Harold Draper 865-689-7757 *h.m.draper@att.net*

Have You Considered ...

Maintaining a particular trail or section of trail?

Through the cooperation of land managers, who periodically inform us of volunteer opportunities, TTA can put you in touch with several Adopt-A-Trail programs, or offer suggestions on how to approach local land managers in your area.

The Adopt-A-Trail program is quite simple and flexible. Volunteers or chapters select the trail they wish to adopt and at the same time determine the level of trail maintenance they wish to undertake. Their only commitment is to hike, inspect, and report on the trail's conditions and maintenance needs twice per year. Light trail maintenance (clipping, pruning, trash and minor blow-down removal) is encouraged during each inspection. Serious trail problems identified will be reported to the local land management agency for resolution.

TENNESSEE RAILS-TRAILS ADVISORY COUNCIL (TRAC)

website: www.TNRailsTrails.org

TRAC is in the process of being reorganized. Stay tuned for further information.

MISSION: *To act as a resource and mentor for planning, development, and management of rail-trails throughout the State of Tennessee for the purposes of appropriate recreation, preservation of rail corridors, and alternate transportation, in order to benefit the general public, communities, commerce and tourism.*

Tennessee Trails Merchandise Order Form

- _____ TTA Patch6.00
Round embroidered patch, sew it on anything.
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A must for each car.
- _____ TTA 35th Anniversary Commemorative T-Shirt ...16.00*
Choose Size: Small / Medium / Large
Choose Color: Sand / Yellow / Stone-Gray
- _____ TTA 35th Anniversary Commemorative Patch6.00
Round embroidered patch commemorating TTA's 35th Anniversary, sew it on anything.
- _____ Flashlight Carabiner Keyring, Blue with TTA logo.6.00
- _____ *Shipping & Handling on T-shirt Orders ONLY!!! 1.50
- _____ TTA Front License Plates: TTA Logo (see website)14.00

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone hm: (____) _____ wk:(____) _____

E-mail Address: _____

*Mail your check payable to: Tennessee Trails Association
 c/o Marietta Poteet, 324 Raintree Drive
 Hendersonville, TN 37075*

Tennessee Trails Association
P.O. Box 41446
Nashville, TN 37204-1446

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NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.
To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below.
PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!

YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM . . .

A NEW MEMBER

Feb 06

RENEWING MY MEMBERSHIP

Memberships are for one year, unless you have a Lifetime Membership.

Gift Memberships are also available. Contact our Membership Director,

Garnett Rush 615-352-7217 rushga01@yahoo.com

Please Mail This Form To:

Membership Director

P.O. Box 41446

Nashville, TN 37204-1446

PLEASE, PRINT CLEARLY.

___ Individual \$25.00

___ Family \$35.00

___ Student (FULL-TIME) \$15.00

___ Supporting (\$50.00, \$100.00 or more)

___ Life Member (Individual) \$500.00

___ Life Member (Family) \$750.00

Name _____

Address _____

City _____ State _____

Home Phone (___) _____ Zip _____ -- _____

Work Phone (___) _____

e-mail _____

Please do not list my e-mail address in the TTA Annual Membership Directory

Please list me with the following chapter:

___ Big South Fork ___ Cumberland Gap

___ Clarksville ___ East TN (Oak Ridge/Knoxville)

___ Columbia/Franklin ___ Highland Rim (Manchester/Tullahoma)

___ Cove Lake ___ Jackson

___ Memphis

___ Murfreesboro

___ Nashville

___ Northwest (UT at Martin/Weakley)

___ Plateau (Crossville)

___ Soddy Daisy

___ Upper Cumberland

(Sparta/Cookeville)

___ At Large

When you become a TTA member, you will receive: (1.) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2.) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes / overnight trips, volunteer opportunities, chapter meeting announcements, as well as events occurring within TTA's Associate Organizations: C.T.C. and T.R.A.C. (3.) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, in the spring and fall we meet at one of Tennessee's many parks for a weekend of hiking, camaraderie and where the board members can meet to exchange ideas and hear reports on TTA's progress.

As a member of TTA, you are welcome to attend all TTA / CTC / TRAC functions.

Purchase Order

Tennessee Trails Association
P. O. Box 41446
Nashville, TN 37204-1446

Tina Dean
865-774-1070

January 13, 2005

Color Plus Printing
4825 Trousdale Dr, #102
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Leonard Chavaz
615-781-1071
cell ph: 615-207-0947

Newsletter Printing

Cover Date: **February 2006**

Number of pages submitted
with this purchase order: 10 pages

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Nashville, TN 37204

Leonard,

Mr. Garnett Rush wanted me to get the file to you before Jan 19th. Please contact Mr. Rush with any conflicts or concerns, rushga01@yahoo.com Thank you! Tina Dean 865-660-2495. Also, Leslie El-Sayad will now be doing the future issues of the newsletter. You should hear from her in February for the March issue. It's been great working with you and thank you for all your hard work!!