

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.

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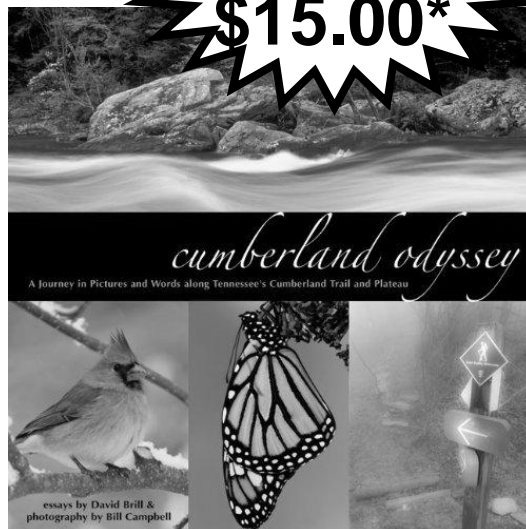


Cumberland Odyssey

CTC's gorgeous book *Cumberland Odyssey* is on sale March 1st - 30th for \$15.00*.

Cumberland Odyssey tells the story of the Cumberland Trail, illustrating the area's beauty with pictures of its streams, waterfalls, mountains and wildlife. Proceeds from the sale of the book directly benefit the Cumberland Trail Conference. The book makes an excellent gift for everyone. To get your copy, contact your local chapter officer; most will have them available during your chapter's monthly meeting (saving you the postage expense). Or, you can order the book directly from the Cumberland Trail Conference* by calling 931-456-6259. (*There will be a minimal postage fee added to the \$15 sale price to cover the cost of mailing you the book from CTC's offices).

Cumberland Odyssey lists for \$39.95 but is reduced to \$15.00 from March 1st - 30th.



essays by David Brill &
photography by Bill Campbell



Office Location 409 Thurman Avenue, Ste 102
.....Crossville, TN 38555
Office Hours8am-2pm CT
Phone:931-456-6259
Fax:931-456-4934
Email: cumberlandtrail@rocketmail.com
Website: www.cumberlandtrail.org

For further information or to register for any of these events, contact CTC by phone at 931-456-6259, or by e-mail at cumberlandtrail@rocketmail.com. For more information visit the website at www.cumberlandtrail.org.

Apr 8-17 - New River section trail construction, volunteers needed to help construct trail along the east side of Arch Mountain in Scott County. This will be a camping outing with camp meals/ water provided by the CTC. Volunteers will need to bring their own tent, sleeping gear, and personal items. The base camp will have a kitchen tent equipped with cook stoves.

May 13-22 - New River section trail construction, volunteers needed to help construct trail along the east side of Arch Mountain in Scott County. This will be a camping outing with camp meals/ water provided by the CTC. Volunteers will need to bring their own tent, sleeping gear, and personal items. The base camp will have a kitchen tent equipped with cook stoves.

Jun 2-12 - New River section trail construction, volunteers needed to help construct trail along the east side of Arch Mountain in Scott County. This will be a camping outing with camp meals/ water provided by the CTC. Volunteers will need to bring their own tent, sleeping gear, and personal items. The base camp will have a kitchen tent equipped with cook stoves.

June 4 - National Trails Day. This day will be celebrated during the June 2-12 New River volunteer trail construction event. A cookout will be held after the workday. An AHS NTD t-shirt will be given to all participate.

Jun 24-27 - Trail maintenance, Obed segment of the Cumberland Trail. Volunteers are needed to assist with removing fallen trees, repairing trail tread, and re-blazing the trail.

Sep 23-29 - Trail maintenance Tennessee River Gorge segment. Volunteers needed to help with trail maintenance in preparation for the 2011 Stump Jump trail race.

Oct 1 - 2011 Stump Jump trail race. Please visit www.rockcreek.com/stumpjump for more details.

Oct 7-14 - Trail maintenance in the CT's New River segment. Volunteers needed to help with trail maintenance between Cove Lake and Norma Road.

Oct 15 - 50k trail running event in the CT's New River section. For more details, visit the website at : www.cumberlandtrailraces.com/CumberlandTrail50k/HOME.html.

Oct 28-30 - Statewide Tennessee Trails Association annual meeting. Join other TTA members for a good time and to support the Cumberland Trail Conference. Please visit www.tennesseetrails.org for more details.

Nov 11-20 - New River section trail construction. Volunteers needed to help construct trail along the east side of Arch Mountain in Scott County. This will be a camping outing with camp meals/ water provided by the CTC. Volunteers will need to bring their own tent, sleeping gear, and personal items. The base camp will have a kitchen tent equipped with cook stoves.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Paul Schwab 931-645-9068
clarksville@tennesseetrails.org
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TREASURER: Sandy Janus 931-551-8523
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SECRETARY: Pam Gadsey 931-552-2325
clarksvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: John Sneed 931.920.3828
clarkvillehikes@tennesseetrails.org

(call John & volunteer to lead an outing)

MEETS MONTHLY: 3rd Tuesday at 7:00 pm CT at Crow Community Center, 211 Richview Rd.

*Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/clarksville>*

Mar 5 - Bushwhacking at Land Between the Lakes. 5 miles. Difficult. John Sneed. 931-920-3828. Meet at 8:00 am CT, Kroger parking area, Dover Crossing Road, Clarksville.

Mar 12 - Collins Gulf, South Cumberland SP, Grundy County. 11.5 miles. Difficult. Paul Schwab. 931-645-9068. Meet at 6:00 am CT, I 24 Exit 11 commuter parking lot.

Mar 15 - Monthly Meeting. The program will be a presentation by Carl Gadsey on the history of Port Royal.

Mar 19 - Walls of Jericho, TN/AL border, Franklin County, TN. 8 miles. Difficult. Paul Schwab. 931-645-9068. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot.

Mar 26 - Ashland City Rails to Trails, whole way (car pool), Cheatham County. 8 miles. Smooth mostly level surface. Suva Bastin. 931-645-2849. Meet 8:00 am CT, Madison Street Kmart, Clarksville, TN.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Marvin Caine 931-486-1632
columbia@tennesseetrails.org

MEETS MONTHLY: 1st Tuesday at Grand Buffet (Hwy 31 north side of Spring Hill). Socializing and dinner at 6:00 pm CT; meeting starts at 7:00pm.

Mar 1 - Chapter Meeting. Randy Hedgepath will be our speaker. With more than 26 years of experience with Tennessee State Parks, Randy has served as a Ranger Naturalist at South Cumberland and Radnor Lake State Parks. He was appointed State Naturalist for Tennessee State Parks in 2007. A graduate of UT-Martin and former National Park Service Interpretive Specialist, Randy is one of the most sought after interpretive specialists in the southeastern United States.

Mar 5 – Twin Arches Loop Trail, Big South Fork, TN. 6 Miles. Moderate+. This trail has a total elevation change of 1,000' (500' down and 500' up). Two of the largest twin arches in the world are quickly accessed by a .7 mile approach trail. From there, a gradual descent through oak, hickory, walnut, and hemlock lead us to the rustic, backcountry Charit Creek Lodge. We'll follow a creek through hemlock and rhododendron for a mile to Jake's Place, the remains of a mid 1800's house and farm. We'll then ascend to the base of the cliffs and pass through several huge rock houses as we wind our way back to the arches. The hike should take 5-6 hours. As it will take 3 1/2 hours to get to the trailhead (assuming a stop en route), we will meet behind McDonald's 4908 Main Street (Hwy 31) Spring Hill, TN at 6:30 am to sign the TTA Release and get a coffee at McDonald's before leaving at 6:45 am CT. We'll stop for dinner on the way back from the hike. Bring water, lunch/snacks, sturdy hiking boots and your camera. Please register with Rick Lausten at *saturncar1@aol.com* or cell phone 615-516-1417.

Mar 19 – Meriwether Lewis Trail and Swan Valley Overlook and Falls, Hohenwald, TN. 5 Miles. Easy. This hike is centered on Meriwether Lewis Monument, just off the Natchez Trace Parkway. Meriwether Lewis died here in 1809, under circumstances that remain mysterious to this day. The hike begins at Grinders Stand, follows the historic Trace for a mile down to attractive Little Swan Creek and eventually loops back to the monument area. We will meet at Columbia State Community College, 1665 Hampshire Pike, Columbia TN on Hwy. 412 and park near the Administration Building. We will leave there at 8:30 am CT and meet at the trail head near exit 385.9 at 9:00 am. Wear sturdy boots and bring water and snacks for the trail. We should be back at Columbia State by about 1:00 pm. If you would like to, join us for a late lunch at Marvin's favorite restaurant in Columbia. Register with Robert Consalvo at *rconsalvo@aol.com* or 615-519-5584.

DYER COUNTY CHAPTER

CHAPTER CHAIR: Rita Norvell 731-445-4601
dycercounty@tennesseetrails.org

SECRETARY/TREASURER: Frank Salowitz
dycercountysecy@tennesseetrails.org

OUTINGS COORDINATOR/BOARD REP: Jim Stark 731-589-1776
dycercountyhhikes@tennesseetrails.org

(Call Jim & volunteer to lead an outing.)

MEETS MONTHLY: (Sep-Jun) 4th Thursday at 5:30 pm CT at Dyersburg Main Street Office, 111 Market Street on the south side of the square in downtown Dyersburg

Hike information unavailable at press time.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-548-6171
easttennessee@tennesseetrails.org

VICE-CHAIR: Elise Eustace 865-201-5806
easttennessee@tennesseetrails.org

Mar 3 – Albright Grove Trail and Maddron Bald Trail in Cosby area of GSMNP. 7 miles. Easy. The trail is rich in hemlocks, beech, tuliptrees (yellow poplar), and maple trees. Also, the American chestnuts in this area were record in circumference. We'll meet at 9 am ET at the Cracker Barrel at Straw Plains Exit off I-40 east. To carpool, pre-register with Rosemary at *rosemary_L@hotmail.com*.

Mar 12 – Burnt Mill Bridge Loop, Big South Fork NRR. 4.5 miles.. Moderate. This hike provides a variety of scenery from rolling rivers, to rock bluffs, and wildflowers. Meet at 9 am ET at the Shoney's on Illinois Ave. in Oak Ridge or 10:30 am at the trailhead. To carpool from Knoxville or to pre-register, email Rosemary at *rosemary_L@hotmail.com*.

Mar 19 – Moonbow viewing at Cumberland Falls SRP, Corbin, KY. The mist of the Cumberland Falls creates the magic of the moon bow, only visible on a clear night during a full moon. This unique phenomenon appears nowhere else in the Western hemisphere. To carpool from Knoxville or to pre-register, email Rosemary at *rosemary_L@hotmail.com*.

Mar 26 – Big Frog Trail, Big Frog Wilderness in Cherokee National Forest, Polk Co., TN. We will hike the Big Frog Trail from F.S. Road #221 up to the summit of Big Frog Mountain, a round trip distance of 10 miles and an elevation gain of 2,000 feet. Who knows what kind of creatures we may see on this trail. We'll meet 8:30 am ET in the parking lot of Bimbo's at the Lenoir City exit off I-75 South. To carpool from Knoxville or to pre-register, email Rosemary at *rosemary_L@hotmail.com*.

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CHAIR: Barbie Moré 931-455-3311
highlandrim@tennesseetrails.org

VICE CHAIR: Nora Henn 931-668-1870
highlandrimvice@tennesseetrails.org

TREASURER: Marietta Poteet 931-924-7666
highlandrimtreas@tennesseetrails.org

OUTINGS COORDINATOR & NEWSLETTER CONTACT:
 Jim Poteet 931-924-7666
highlandrimhikes@tennesseetrails.org
 (contact Jim & volunteer to lead an outing)

MEETS MONTHLY: 1st Tuesday at 7:00 pm CT at the D. W.
 Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Mar 1 – Monthly Meeting. "Hiking California's John Muir Trail." Ron and Veronica Polce and John and Janie Casey will discuss their summer 2010 trip along this trail, which included an ascent of Mount Whitney. Note: Some folks will be getting together at 5:30 at Ruby Tuesday's prior to the meeting. Call Barbie for more information.

Mar 12 – Lost Creek and Ray Branch Trails, Tims Ford State Park. 5 miles. Easy. Joan Hartvigsen will lead a hike at Tims Ford State Park, near Winchester. We will hike the new Lost Creek Trail, as well as a section of the Ray Branch Trail. The trails follow the lake shore and provide great views of Big Island, Little Island, the dam, and Lost Creek. For more information and to register, contact Joan at 931-962-0811.

Mar 19 – Eat-Hike-Eat, Sewanee, TN. Join Tom Bentley at the Blue Chair in Sewanee for another installment of the Eat-Hike-Eat series. Come early for coffee, tea, breakfast, and a little socializing before leaving at about 9:30 for a short hike on the Sewanee campus, which will include a guided tour of Shapard Tower. This tower, part of All Saints Chapel, houses the 56-bell Leonidas Polk Memorial Carillon. John Bordley, Highland Rim chapter member and University Carillonneur, will be our guide for this unique outing. Afterwards, we will have lunch at one of the many fine eateries in the Sewanee vicinity. Tom can be reached at *htbentley@lighttube.net* or at 931-273-6344 for more information.

Mar 26 - Cardwell Mountain, McMinnville, TN. Joint hike with Murfreesboro Chapter – see their listing for hike details. We will be going back to Nora's house for food and fellowship after the hike. Main course will be provided. Please bring side dishes, desserts and your own drinks. Contact Nora at 931-808-2560 to register.


Tennessee Trails Merchandise Order Form

<input type="checkbox"/>	TTA Patch.....	5.00
	<i>Round embroidered patch, sew it on anything.</i>	
<input type="checkbox"/>	TTA Window Decal	5.00
	<i>A must for each car. Removable, no adhesives.</i>	
<input type="checkbox"/>	TTA License Plate.....	15.00
	<i>Perfect for the front bumper of your car.</i>	
<input type="checkbox"/>	TTA License Plate Frame	5.00
	<i>Frames the state's license plate very nicely.</i>	
<input type="checkbox"/>	TTA 35 th Anniversary Commemorative Patch.....	5.00
<input type="checkbox"/>	TTA 40 th Anniversary Commemorative Patch.....	5.00
<input type="checkbox"/>	TTA 40 th Anniversary t-shirts (short sleeve):	10.00
	<i>Sand / Yellow / Gray</i> <i>S / M / L / XL</i>	
<input type="checkbox"/>	TTA t-shirts (long sleeve):	15.00
	<i>White / Black / Blue</i> <i>S / M / L / XL</i>	
<input type="checkbox"/>	TTA sweatshirts:	20.00
	<i>Black / Grey</i> <i>M / L / XL</i>	

Name: _____
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 City: _____ State: ____ Zip: _____
 PHONE hm: (____) _____ wk:(____) _____
 E-mail Address: _____

Mail your check payable to: Tennessee Trails Association
 Candy Higgs
 37 O'Hara Lane
 Jackson, TN 38305
 chiggs_3@yahoo.com

Please allow 4 weeks for delivery and prices shown include postage.



CUMBERLAND TRAIL
Conference

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March 1 st - 30 th		

JACKSON CHAPTER

CHAPTER CHAIR: Glen Rognstad 731-217-5966
TREASURER: Anne Goodson 664-1556
SECRETARY: Don Dresser 731-668-4190
OUTINGS COORDINATOR: Glen Rognstad 731-217-5966

jackson@tennesseetrails.org
jacksontreas@tennesseetrails.org
jacksonsecy@tennesseetrails.org
jacksonhikes@tennesseetrails.org

(call Glen & volunteer to lead an outing)

MEETS MONTHLY: 2nd Monday at Perkins Restaurant, 999 Vann Drive in Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 7:00 pm

Mar 7 - Chapter Meeting. Please contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com* for additional information.

Mar 12 – Cane Creek Canyon Wildflower Hike, Tuscumbia, AL. 4-8 Miles. Moderate to Difficult. Joint Hike with Memphis Chapter. Quote from Huntsville Times article about Cane Creek Canyon Preserve: "Just south of Tuscumbia, Alabama is a large swath of wild streams, box canyons, waterfalls, rock shelters and sandstone bluffs remains nearly as pristine and wild as it did centuries ago". The cover picture on the book "Hiking Alabama" shows the Under Bluff Trail within Devils Hollow - this is one of those places that should not be missed. The Canyon hosts a large variety of wildflowers and is one of the major draws to the Preserve. There are a lot of hikers who come just for the wildflowers. Hikers and wildflower enthusiasts alike will enjoy the Boulder Garden that is a unique area where many wildflowers spring forth from the top surfaces of large boulders. The unique wild flowers found within the preserve include the rare French's Shooting Star - a wildflower that grows only beneath sandstone overhangs, and the Alabama Warbonne - a delicate yellow flower, that was originally thought to exist only in the Cane Creek drainage. Beginning in March, trout lily, lady's slippers, yellow-fringed orchids and other wildflowers bloom and carpet the canyon. We will do a day-long multi-mile trek into the deep recesses of the canyon to the far end of the property and back. The hike will allow for those who wish a shorter jaunt of 4 miles to be able to see the main portion of the wildflowers down to the Boulder Garden and back. Spend an entire day gazing at waterfalls, rock formations, giant trees and rare wildflowers. This place is absolutely beautiful – I can't wait. For additional information, please contact Glen Rognstad, at *glenrognstad@gmail.com* or 731-217-5966.

Mar 26 - Beaman Park, Nashville. 7 miles. Moderate. Beaman Park is located in Northwest Nashville, near Joelton. This park is 1,500 acres of natural area and features a Highland Rim forest type and rugged landscape. We will hike on trails that wind through Highland Rim woodlands, offering views into incredibly precipitous hollows, for a total of 7 miles, with alternatives for those wishing to hike less. Meet at 10:30 am at the Beaman Park Nature Center, 5911 Old Hickory Blvd. Those wishing to carpool from Jackson, meet at Panera Bread, Vann Dr. for an 8 am departure. For more information and to register, contact Anne Goodson at 731-664-1556, or E-mail *annegoodson@e-plus.net*.

Additional hikes may be added. Please check the TTA website calendar.

Planning ahead:

Apr 9 - Cumberland Trail/Chattanooga Area. Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com*.

Apr 14 - Chapter Meeting.

Apr 23 - Backpacking trip in East Tennessee. Sara Hakim *hakim.sara@gmail.com* or 206-553-9334.

MEMPHIS CHAPTER

CHAPTER CHAIR: Margaret Smith 901-210-6097
VICE-CHAIR: Francis Ruffin 901-396-1108
MEETS MONTHLY: (Sep – May) 2nd Thursday at 7:00 pm CT at Cordova Library, 8457 Trinity Rd.

memphis@tennesseetrails.org
memphisvice@tennesseetrails.org

Mar 5 - Big Hill Pond State Park, near Pocahtontas, TN. 7-8 miles. Moderate. We will meet at the boat dock in the park at 9:30 am and start the hike promptly at 9:45 am. This trail takes us over wooded hills through rock outcroppings and to a fire tower overlooking the Tuscumbia river valley. We cross a 0.8 mile boardwalk over Dismal Swamp, a unique area with abundant wildlife. Bring lunch and water. Boots strongly recommended. For information contact Woody Pierce at 901-755-5635 or *woodyperce2@gmail.com*.

Mar 10 - Monthly Meeting. Program: Bartlett Greenway. Bartlett's Greenway trail system is in its infancy. Rick McClanahan, Director and City Engineer, will discuss what's planned for the city's future.

Mar 12 – Cane Creek Canyon Nature Preserve Wildflower Hike, Tuscumbia, AL. Joint Hike with Jackson Chapter. Approximately 3 hour drive from Memphis. **REGISTRATION REQUIRED.** See Jackson Chapter listing for hike details. Camp sites available - call 256-381-6301. To register and for additional information call Jerry at 901-213-0604.

Mar 19 – Woodland Trail, Meeman-Shelby Forest. Meet at the Park's Visitor Center at 9:00 am for a 3-4 mile hike along the Woodland Trail with a side trip to the Woodland Shelter. The loop trail has a few steep climbs (for Mississippi Delta country, that is) but most of the walk is fairly level. Bring water and snack. Invite a friend! For information contact Holly at 901-377-6278.

Mar 26 - Tour de Wolf Trail. Shelby Farms Park. Woody will lead a 4-6 mile easy hike along the Tour de Wolf "off road" bicycle course. This trail is not paved; so, wear sturdy shoes or boots. We will meet at the Shelby Farms Visitor Center at 9:00 am sharp. For information contact Woody Pierce at 901-755-5635 or *woodyperce2@gmail.com*.

Planning Ahead:

Apr 1-3 - Spring Road Trip to the Cumberland Trail. REGISTRATION REQUIRED. Friday, we'll meet somewhere along I-40 and caravan our way up I-40 and I-24 to Chattanooga, then north on U.S. 27 to Soddy Daisy. Lunch will be en route in the car so that we don't waste valuable hiking time. Allowing for three or four pit stops along the way and the change to Eastern Time, we should arrive in Soddy Daisy around 3:30. This should give us time for our first hike (sunset is 8:02 Eastern), a 4.5 mile trek along the Soddy escarpment. This hike will require a car shuttle of about 3 miles. We will be doing the southernmost part of that segment of the trail. For a trail description and a link to a topographical map, see http://www.cumberlandtrail.org/three_gorges_soddy.html.

Saturday, we hike the Rock Creek Gorge segment of the Cumberland Trail. After another car shuttle, we'll start at the western end of the trail at the Retro Hughes trail head. After five miles, those who have had enough can go straight ahead for another half mile to the cars at the Upper Leggett Trailhead. Those looking for more can do a loop of approximately 3 more miles to the same trail head. http://www.cumberlandtrail.org/three_gorges_rock.html.

Sunday, we'll begin the trip home with a short detour from Chattanooga down to Chickamauga National Military Park near Fort Oglethorpe, Georgia (<http://www.nps.gov/chch/index.htm>). The park has several miles of trails, but we will probably go for the shortest which is the five mile long General Bragg Trail which goes by several historical sites. (<http://www.nps.gov/chch/planyourvisit/loader.cfm?csModule=security/getfile&PageID=307354>)

Registration is required for the hike. To register or to ask a question, please contact Vickie or Wayne Simpson at *w.simpson2@comcast.net* or 901-385-1988. Please register and make your hotel reservations as soon as possible, but no later than March 26th. Each participant will be responsible for making hotel reservations. Suggested lodging: The HomeTown Inn, 423-332-7755 (<http://www.hometowninnsoddydaisy.com/>) The Colonial Inn, 423-332-8086, 719 McCallie Ferry Rd, Soddy Daisy, 37379. The Green Gables Motel and Trailer Park, 423-332-1172, 11933 Dayton Pike, Soddy Daisy, 37379. A review for this accommodation can be found at http://chattanooga.citysearch.com/profile/9359001/soddy_daisy_tn/green_gables_motel_trailer_prk.html.

MURFREESBORO CHAPTER

CHAPTER CHAIR:

Tony Jones 615-397-4463

murfreesboro@tennesseetrails.org

OUTINGS COORDINATOR:

Ron Dunn 615-867-3301

murfreesborohikes@tennesseetrails.org

(Call Ron & volunteer to lead an outing)

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT, Barfield-Crescent Park's Wilderness Station, 697 Barfield-Crescent Rd., Murfreesboro

BLOG: www.tennesseetrails.org/blog/murfreesboro

Mar 5-6 – Walls of Jericho – Backpack combined with an optional WOJ day hike. The “Walls” is an impressive geological feature that forms a large bowl shaped amphitheater. Embedded in the limestone are bowling ball size holes from which water drips and spouts, creating a unique water feature. This amphitheater gives rise to steep 200-foot sheer rock walls that creates the natural feature defining the amphitheater. We will descend into the gulch via the Tennessee side trail and will return by way of the Alabama trail. The hike is approximately 7 miles roundtrip and rated strenuous for the three mile uphill return. Call or e-mail Charlotte Broyles for more information broylescha@hotmail.com or 615-890-6308 after 6:00 pm.

Mar 12- Burgess Falls State Natural Area, Sparta, TN. Located along the Falling Water River North of Sparta on the eastern edge of the Highland Rim Plateau, the hike is only a 1.5-mile loop which leads to three waterfalls, the biggest of which drops 136 feet. The trail is rated easy to moderate. However, those wishing to reach the bottom of the Big Falls will need to negotiate a 75-step metal stairway. After the hike we will stop for lunch at a restaurant along the Caney River near Smithville. Contact Nabil Wakid at 615-893-7942 or nwakid@bellsouth.net.

Mar 13 – Barfield Crescent Park, Murfreesboro TN. This easy to moderate hike drops alongside the West Fork Stones River and passes scenic rock bluffs and a long stone fence. We will hike the Marshall Knob trail and the Rocky Path and Valley View loops. Meet at the Wilderness Station at 1:00 pm. Call Sara Pollard at 714-3610 or email spollard@mtsu.edu for more information.

Mar 19 – Beaman Park. Beaman Park is a natural area in northwest Nashville, near Joelton. A rugged landscape of hills and hollows, waterfalls and streams supports a Highland Rim type forest. For more info about the park and for directions Google Beaman Park, Nashville. The park entrance is located at 4111 Little Marrowbone Rd. Park and meet at the Creekside Trailhead at 9:00 am CT where we will head up the hill to access the 2.1 mile (one-way) Ridgetop Trail. For those desiring a longer walk, the 2.1 mi. Henry Hollow Loop may be added. Those going from Murfreesboro, meet at Sam's parking lot at 7:45 am. This is a good hike for those who are getting started in hiking - not too difficult but enough change in terrain to make it interesting. It will be a good place to watch spring unfolding. To register, contact Mary Belle Ginanni (mginanni@comcast.net) or phone 615-895-6072.

Mar 19 – Annual Waterfall Tour...The Friends of Edgar Evins State Park is sponsoring the tour. We will leave the Visitors Center at the park at 8:00 am in state vans. We will visit Rock Island State Park for the Great Falls and Twin Falls. There will be a ranger joining us for this part to relate the history and features of RISP. From Rock Island we will continue to Lost Creek Falls in White County. We'll have lunch at the Golden Corral in Cookeville and after lunch will visit City Park Lake Falls in Cookeville. The tour will arrive back at the park at approximately 3:30 pm. Cost will be \$10.00 per seat plus money for lunch. This is a very popular event and the seats traditionally sell out early. We will be limited to 55 spaces this year. You can make reservations by calling (931) 858-2446 or toll free (800) 250-8619.

Mar 26 - Cardwell Mountain, McMinnville, TN. Cardwell Mountain is a detached piece of the Cumberland Plateau that rises 1000 feet above the scenic Collins River. A part of the historic Trail of Tears, the trail climbs to the massive bluffs and boulders atop the mountain. This joint hike with the Highland Rim Chapter will be a 5.5 mile loop hike rated moderate. Wear good hiking shoes or boots, bring water and a snack. We will be going back to Nora's house for food and fellowship after the hike. Main course will be provided. Please bring side dishes, desserts and your own drinks. Contact Ann Jacobs at 615-896-3935 or earnjacobs@aol.com.

Thank you all for your wonderful cards, emails, and words of encouragement during my father's recent illness and passing. Although he was never a hardcore hiker, it was he who, from the time I was very young, exposed me to camping, canoeing, and a love of the outdoors. And through my photographs he felt like he knew many of you and enjoyed visiting the many beautiful places we hike in Tennessee. Thanks again. – Ron Dunn

NASHVILLE CHAPTER

CHAPTER CHAIR:

Libby Francis

nashville@tennesseetrails.org

OUTINGS COORDINATOR:

Libby Francis

nashvillehikes@tennesseetrails.org

(email Libby & volunteer to lead an outing)

MEETS MONTHLY: 4th Tuesday at 7:00 pm CT in the REI Community Room, 261 Franklin Road, Brentwood. For directions, visit:

www.tennesseetrails.org/nashville.php

Mar 5 - Soddy Gorge segment of the Cumberland Trail, Soddy Daisy, TN. This is an all-day 11.5-mile hike; it is one-way, and will require our parking a few cars at our exit before we can start; and after the hike you will have the option of staying at the nearby CTC Spring BreakAway "settlement" (Dogwood Lodge) – staying in the building (dormitory) or outside tent camping. This segment of the CT passes through beautiful Deep Creek and Soddy Valleys, has a few views (more so now since technically it's still early spring), crosses over several bridged creeks, and is rated moderate to strenuous for the distance, many ascents and descents the entire way and for the typical rocky areas found along the escarpment of the Cumberland Plateau. Depending on where Mother Nature is in her cycle will determine if and the varieties of early spring wildflowers we could see. The usual day-hiking essentials are required: water, snacks, lunch; in addition to trail worthy shoes. Depending on whether you opt to stay at the Dogwood Lodge will determine what you will need to pack for sleeping over – details provided upon your pre-registering. We will meet at 6:45 am CT and depart shortly thereafter. **REGISTRATION is required!** To register and obtain meeting location, call Diane Manas at 615-352-7777.

Mar 5 - Cummins Falls, on the Blackburn Fork State Scenic River in Jackson County. This hike will be on private property a few miles north of Cookeville, and will yield great views of the state's largest waterfall still in private ownership. This hike is rated strenuous, not for distance (less than 3 miles) but because of a steep descent and ascent; and some boulder climbs once we reach the creek gorge. Poles recommended. You'll need sturdy hiking shoes, layered clothing, water and snacks, and money for car-pooling. You will also need to be prepared for wet feet! Precipitation will cancel. Contact Nora Beck for details - nora_beck@comcast.net.

Mar. 12 - Radnor Lake, Nashville. Hike the Lake trail, Ganier Ridge and South Lake (or possibly South Cove if it is open by that time). About 5 miles. Meet at visitor center off Granny White at 10:00 am CT. More information at njuodenas@yahoo.com or 615-319-8811.

Mar 19 – Shelby Bottoms Greenway, Nashville. 3-4 miles. Easy. We will meet at 9:00 am CT at the Forest Green entrance to the Greenway and hike a loop going over the Cumberland River pedestrian bridge and back and continuing along the paved greenway and mulch trails back to the Forest Green entrance. Directions: Heading north on Shelby Ave. turn right (east) on Cahal Ave. Continue on Cahal as it becomes Porter Rd. Porter Rd. will dead end at Rosebank. Turn left on Rosebank and soon turn right on Welcome Lane. After a very short distance turn left on Forest Green Drive which ends at the trailhead. Call or e-mail for more directions and to register. Elizabeth Gerlock, eygerlock@bellsouth.net, 615-516-3478, cell phone, 615-356-6260, home.

March 22 – Monthly Meeting. Our own Sue Lefferts will be bringing news (and great examples) of good day-hiking gear. Choices abound; Sue will help you decide what you need and will offer a Q & A session as well. We'll convene at 7 p.m. for a brief business meeting & announcements, and following Sue's presentation we'll have time to socialize and enjoy refreshments. Bring a friend or two - guests are always welcome. For more details contact Nora Beck at nora_beck@comcast.net.

Mar. 26-Old Stone Fort/Short Springs Loops. This 2 part hike is great for beginners. Old Stone Fort, in the Manchester area, is a moderate 2.6 mile hike over high river bluffs, narrow rock ledges, riverside bottomland and waterfalls circling around a 2,000 year old stone wall built by ancient American natives. We will then lunch at beautiful Rutledge Falls located a few miles down the road. The second part of the hike is a bit further at Short Springs State Natural Area. This 2.9 mile loop is a moderate hike through hardwood forest with waterfalls. Bring water, snacks, lunch and \$\$\$ for carpooling. For more information and to register call Garnett Rush at 352-7217 or e-mail rushga01@yahoo.com.

Mar. 27-Bells Bend/ Newcomers/GPS hike. Nashville. Come find out why Bells Bend is such a jewel! It has wide rolling trails, easy to walk, with views of the Cumberland River. The open nature of the trails makes it a good place to test out your GPS. Good place to see birds, so you might want to bring binoculars. We will meet at 1 pm CT and spend the afternoon doing about 4-5 miles. Trails may be soggy if we have had rain, so boots or comfortable waterproof hiking shoes are recommended. Contact Sue Lefferts @ 615- 292-6463 or lavalump@gmail.com for details.

PLANNING AHEAD:

April 2, Bicentennial Trail, Ashland City, Wildflower hike. Options for 5 or 9 miles. Meet at Ashland City Courthouse at 8:00 am CT. More information contact njuodenas@yahoo.com or 615-319-8811. Bring binoculars, snacks, water and money for post hike lunch.

Wed-Sun, Apr 27-May 1 - Backpacking a 51-mile segment of the 300-mile Benton MacKaye Trail. Reliance, TN. The Benton MacKaye Trail (BMT) is a footpath through the most remote backcountry in the Appalachian mountains of Georgia, Tennessee and North Carolina. As a wilderness area (sans remote, wild), one can expect rugged and steep ascents and descents over terrain consisting of roots, rocks, ruts and mud; therefore, this trip is rated **STRENUOUS** – and for **EXPERIENCED** backpackers. Our rewards will be deep forests, solitude, exploring a completely new area of TN, a minimal amount of bugs (and people), wildflowers in bloom at various elevations, and hopefully seeing a wide variety of wildlife (yes, there are bears). Everyone is responsible for her/his own gear (tent/tarp required) and food. The group size is limited to 6 people (sorry, no pets) and since this is a linear hike; not a loop, a shuttle service will be hired to transport the group to the start; and, requires a deposit to guarantee your spot. For further information and to register, contact Diane Manas 615-352-7777.

NORTHWEST Chapter (UT at Martin / Weakley County)

CHAPTER CHAIR: Scott M. Pun 731-881-7316
northwest@tennesseetrails.org
TREASURER: Sandy Davis 731-587-9134
northwesttreas@tennesseetrails.org
MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT during the
academic year (Feb-Apr and Sep-Dec) on the UT
Campus in the Paul Meek Library, Rm 120, Media
Services B1

Hike information unavailable at press time.

Supporting and Life Membership Recognition

Even though we appreciate all of our TTA members, we are truly grateful to those who support our state's trail system by making an extra financial contribution. Your tax-deductible donation of \$25, \$50, or more over and above the membership fee is applied to our Evan Means Small Grants Program which provides support for trail projects across the state. Projects funded this year through the program include new benches in Warner Park and Beaman Park honoring Bob Brown, co-founder of Tennessee Trails Association and co-visionary of the Cumberland Trail, supplies for trail cleanup at Bledsoe Creek State Park, and funding assistance for the 2010 Cumberland Trail Conference Spring Breakaway program.

We would like to recognize and thank these Supporting Members: **Paul F. Smith, Ray & JoAnn Garrett, Libby Doubler, Laurice E. Smith, John & Estelle Sheahan.** We'd also like to recognize two new Life members – **Marcia Donovan and Kathy Green.**

Thanks to you all!

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-456-6437
plateau@tennesseetrails.org
SECRETARY/TREASURER: Jim Grove 931-484-7900
plateausecy@tennesseetrails.org
MEETS MONTHLY: 2nd Thursday at 6:30 pm CT
BLOG: *www.tennesseetrails.org/blog/plateau*

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 Harris at (931) 484-9152 or visit the Plateau Chapter Blog.

Mar 10 - Chapter Meeting – First United Methodist Church Annex, 69 Neecham Street, Crossville. 6:30 pm CT. Joe Matlock will give a presentation about a hike that he made to Angel Falls in Venezuela. Meet at La Costa Restaurant at 5:00 pm to eat together before the meeting.

Mar 12 – Piney Falls and Stinging Fork State Natural Areas, Grandview and Spring City. These two hikes are being combined to give a total hiking distance of about 7 miles. Piney Falls is a 3 mile round trip hike that features the 80 foot tall Upper Piney Falls. Stinging Fork State Natural Area is about 10 miles from Piney Falls and features a 35-foot waterfall and cascade at the end of the 1 ½ mile trail. Due to some elevation gain and possibly slick rocks, the hike is rated moderate. Wear boots, and bring water, lunch and snacks. Meet at 9:00 am CT at Trinity Tabernacle on Highway 127 South. For more information and to register, contact Jan & Dennis Barber at 931-839-6662 or *taxxing@aol.com*.

Mar 26 - Hiking for the House of Hope, Cumberland Mountain State Park, Crossville. Come join Plateau Chapter members for a fund raising hiking event sponsored by the House of Hope. The event is to encourage hiking and will include a mid-day hike of approximately 3 miles. The hike will feature a 1/1000th representation of the Appalachian Trail. A meal for participants will follow the hike. The mission of the House of Hope is to "provide a short-term care facility aiding children forced to endure a toxic, dangerous home environment due to methamphetamine use and production." For more information, contact Cheryl Heckler at 931-456-6437 or *thehecklers@charter.net*.

Planning Ahead:

Apr 2 - Devils Breakfast Table, Catoosa Wildlife Management Area, Crossville. We will hike 6 miles into the Daddy's Creek Gorge and arrange for a 1 mile car shuttle so that we do not have to retrace our steps. The trail is difficult due to the elevation change and lots of rock steps. From the trailhead, the trail proceeds down "a thousand steps" through Daddy's Creek gorge under sheer bluffs. After a mile, the trail rises out of the canyon and remains on the top of the bluff. There are a couple of overlooks that provide a view of the gorge before the trail goes back down into the gorge on the way to the junction of Daddy's Creek and the Obed River. Meet at Cracker Barrel on Highway 127 at 8 am CT. Those in the Fairfield Glade area may join the caravan at 8:15 at the 4-way stop at the intersection of Genesis Road and Snead Drive. For more information and to register, contact Cheryl Heckler at (931) 456-6437 or by e-mail at *thehecklers@charter.net*.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: George Bonneau 423-842-3619

TREASURER: Robertson (Bob) McGavock 423-667-2960

MEETS EVERY OTHER MONTH: 1st Tuesday in Jan, Mar, May, Jul, Sep, Nov at 6:00 pm ET at Burk's United Methodist Church, 6433 Hixson Pike, Hixson

soddydaisy@tennesseetrails.org

soddydaisytreas@tennesseetrails.org

Additional information may be seen at our web site: <http://www.tennesseetrails.org/blog/soddydaisy>

Feb 28, Mar 1, 3, & 4 – Cumberland Trail Conference (CTC) 15th Annual BreakAway Program. This event will be held in Hamilton County, TN with trail work being performed in various sections of the Cumberland Trail. Note: Due to weather conditions, the work week schedule may change. To check the schedule, to obtain more details and to volunteer, contact the CTC office at cumberlandtrail@rocketmail.com or 931-456-6259.

Mar 1 – Chapter Meeting. Those wanting to enjoy dinner prior to the meeting should be at the church by 4:30 pm ET and the group will decide at which restaurant to partake.

Mar 5 – Walls of Jericho, TN/AL border. Joint hike with Murfreesboro Chapter. The group will meet at the Bi-Lo in Red Bank at 4825 Dayton Blvd (at Morrison Springs Rd) and will leave the parking lot at 8:00 am ET. The group will travel to the Tennessee trailhead and then will drive 2 miles to the Alabama trailhead to leave some vehicles. The 7 mile hike will begin at the Tennessee trailhead. The hike is rated as strenuous with several streams to be crossed and the trail is muddy after rain. Soddy-Daisy members **Contact** Earl Helmer at 770-877-0600 or e_helmer@att.net to register. Driving Directions: From Red Bank, take US 27 south to Interstate 24 West. Take exit 127 onto TN 64 and turn south toward Winchester. Stay on TN 64 for about 16 miles and turn south on TN 16. Go 16 miles to the Tennessee trailhead. The Alabama trailhead is 2 miles south (a mile south of the state line). Information may be found at <http://bp2.trimbleoutdoors.com/Viewtrip.aspx?tripId=334808> or <http://www.nature.org/wherewework/northamerica/states/tennessee/preserves/art11863.html>.

Mar 7, 8, 10, & 11 - Cumberland Trail Conference (CTC) 15th Annual BreakAway Program. This event will be held in Hamilton County, TN with trail work being performed in various sections of the Cumberland Trail. Note: Due to weather conditions, the work week schedule may change. To check the schedule, to obtain more details and to volunteer, contact the CTC office at cumberlandtrail@rocketmail.com or 931-456-6259.

Mar 12 – Cumberland Trail from Retro Hughes Road Trailhead to the Jones Gap Road Trailhead off Highway 111 (N 35 20.754 W 085 10.501). This hike will require a shuttle. This section of trail is 9.5 miles and is rated moderate with some steep but short climbs. The group will meet in Soddy-Daisy at the baseball fields along Durham Street (N 35 17.307 W 085 09.450) (across from the lake). We will leave the ballfield parking lot at 9:00 am ET. Contact George Bonneau at 423-596-5972 or grbonneau@comcast.net to register. Trail information may be found at <http://www.cumberlandtrail.org>. Driving Directions: From Soddy-Daisy to Retro Hughes Rd. Trailhead, go north on US-27 to Bakewell. Turn left onto Retro Hughes Road (BP Gasoline Station on right). Go up the mountain 6.7 miles to the trailhead (on right) just past a logging road. Parking along the logging road is acceptable but, DO NOT block this road. Trail information and maps may be found at <http://www.cumberlandtrail.org/rock.html>.

Mar 14, 15, 17 & 18 - Cumberland Trail Conference (CTC) 15th Annual BreakAway Program. This event will be held in Hamilton County, TN with trail work being performed in various sections of the Cumberland Trail. Note: Due to weather conditions, the work week schedule may change. To check the schedule, to obtain more details and to volunteer, contact the CTC office at cumberlandtrail@rocketmail.com or 931-456-6259.

Mar 19 – Lula Lake Land Trust. We will hike several trails on the property but, expect the total distance to be approximately 6 miles. The trails have some steep but short climbs. The group will meet at the Bi-Lo in Red Bank at 4825 Dayton Blvd (at Morrison Springs Rd) and will leave the parking lot at 9:30 am ET. Contact Earl Helmer at 770-877-0600 or e_helmer@att.net to register. Driving Directions: From Red Bank, take US27 south to Interstate 24 East. Exit onto Broad St., TN-17S. Turn right onto St. Elmo Ave., TN-58S and pass entrance to Rock City. Continue up Lookout Mountain and arrive at a T-intersection with Lula Lake Rd.; turn left (south) and go 4.5 miles to the gravel drive entrance on the left. Follow the gravel drive to an area marked for parking.

Mar 21, 22, 24 & 25 - Cumberland Trail Conference (CTC) 15th Annual BreakAway Program. This event will be held in Hamilton County, TN with trail work being performed in various sections of the Cumberland Trail. Note: Due to weather conditions, the work week schedule may change. To check the schedule, to obtain more details and to volunteer, contact the CTC office at cumberlandtrail@rocketmail.com or 931-456-6259.

Mar 26 – North Chickamauga Creek Conservancy Stream Cleanup Work Day. Contact Erin Ouzts at 423-842-1163 or vista@northchick.org to join this event.

Mar 30 – Cloudland Connector trail in northwest Georgia. Phase I or II; the group will decide which trail to hike and the distance to travel. The Phase II section of trail is 6 miles “out and back” from the trailhead on Nickajack Road to the second bridge. The trail is rated as easy. The group will meet at the Bi-Lo in Red Bank at 4825 Dayton Blvd (at Morrison Springs Rd) and will leave the parking lot at 9:30 am ET. Contact Earl Helmer at 770-877-0600 or e_helmer@att.net to register. Driving Directions: From Red Bank, take US27 south to Interstate 24 East. Take I 24 to the S. Broad Street/Lookout Mtn. exit. You will actually exit onto Williams St. Go about 1/10 mile to W. 25th street. Turn Right. Go about 1/4 mile to Broad St. Turn left. Stay on Broad St. for 1.1 miles. Turn Left on to Tennessee Ave. Remain on Tennessee Ave for 0.4 mile. Take a slight right onto St. Elmo Ave. St. Elmo becomes Forest Hays Jr. Memorial Hwy. Keep going for 7.3 miles to Nickajack Rd. Turn Right. In about 3.4 miles look for the trailhead sign on the left. N34 53.901 W85 23.496.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS:

David & Shirley Primeau 615-424-2948
sumner@tennesseetrails.org

MEETS MONTHLY: 1st Tuesday at 7:00 pm CT

Hendersonville First United Methodist Church, 217
E. Main St. Hendersonville, TN

Mar 1 – Monthly Meeting. We are moving to a new location! Come celebrate our inaugural meeting at the Hendersonville First United Methodist Church (217 East Main Street across from Ellis Middle School). There will be signs directing you to the Youth Lounge on the 3rd Floor. We'll have snacks, door prizes and great speakers: Tim and Lynn Takacs will present a program called "**Hiking America's Rain Forest: Olympic National Park and the Pacific Northwest.**" Bring a friend!

Mar 5 – Cummins Falls. Joint Hike with Nashville Chapter. This will be an off-trail hike/scramble making it unsuitable for first-time hikers, young children and four-legged companions. Hopefully we'll have a nice access trail in the future so everyone can visit this beauty spot. Please read the description under the Nashville chapter heading for more details. Contact Anne to register at ttahiker@att.net or 615-851-1052.

Mar 12 - Bearwaller Gap trail near Carthage, TN. Join the hikers from the Hendersonville First United Methodist Church as we hike the rolling hills along Cordell Hull Lake. This hike is 7-miles long with quite a few "ups and downs". We'll have beautiful lake-shore views, and we may even be able to see where the bears used to "waller" when they roamed this area. Please bring snacks, water and a lunch to eat on the trail. Dress in layers for the variable March weather. Due to the hills and the terrain which can be rocky (possibly muddy after a rain), boots are strongly recommended. Please meet at the Hendersonville Methodist Church at 7:45 am CT for a prompt departure at 8:00 (This is a car shuttle hike, and we'll need to spend some time dropping off a car.) To pre-register or to ask questions, please contact Anne before March 11 at ttahiker@att.net or 615-851-1052.

Mar 19 - Lock 4 Hike in Gallatin. This is an 8.5 mountain bike trail, but we will modify our route to an easy 3 miles with great views of Old Hickory Lake and hopefully some wildlife sightings. The park is on a peninsula, and it's twisty and narrow. We will have to stay alert for bikers. The trail is closed when wet so make sure it is a "go" if it's rainy. Meet at the First Presbyterian Church in Hendersonville at 9 am CT. After the hike, we will eat at O'Charley's. To pre-register or to check on the hike's status (if the weather is or has been rainy), contact James Horton at 615-589-6737.

Mar 20 - Mound Bottom Archaeological Area at Harpeth River State Park (just outside of Nashville). We will hike to the ancient plaza that was a thriving community during the Mississippian Era. Our guide will show us around the structures built in 800-1300 A.D. This hike will be a little over 2 miles round trip, depending on how much we decide to explore. Space is somewhat limited, so please RSVP to Bethany Hader by calling 615-473-2420 or emailing bethanyhader@gmail.com.

Sumner Trails con't.

Mar 26 - The Wildflowers are here!!! We'll rendezvous with the Nashville chapter and head to two of the best wildflower viewing locales on the Highland Rim. First we'll have a 2.6 mile hike at Old Stone Fort State Park outside Manchester. 2,000 years ago, this archaeological area was a ceremonial site for Native Americans at the confluence of two rivers. Next we'll hop in our cars and head to Rutledge Falls where we'll eat our lunches. Then it's on to Short Springs State Natural Area (Tullahoma) for a 2.9 mile walk to see the flowers as well as Machine Falls and Bobo Creek. These hikes are done slowly to identify and admire the flowers. There are some rocky areas, several ascents and descents, and to view Machine Falls (optional), you may get your feet wet. Please bring water, snacks and a lunch. Dress for the weather, and boots/hiking sticks are recommended. Contact Anne to pre-register or to ask questions: ttahiker@att.net or 615-851-1052.

On behalf of the Sumner Trails Chapter, we would like to extend a heartfelt "thank you" to the members, clergy and staff of the First Presbyterian Church in Hendersonville. This lovely historic church has been our "home base" for nearly 2 years - starting with our first informal meetings to discuss organizing as a chapter. We have always felt most welcome there, and we appreciate the church's consistent generosity with the meeting space.

Electronic Newsletter Available

This is reminder that you can now receive your monthly newsletter via email. If interested please contact Ron Dunn at membership@tennesseetrails.org and please include your email address.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-528-9115
uppercumberland@tennesseetrails.org

Mar 5 - 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 4.5 miles and is rated moderate. We will do the short walk to Natural Bridge and hike to Sewanee's Bridal Veil Falls. This hike is 2-3 miles and is 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 8:30. Bring snacks, water, and lunch. For information and to register contact Pete Broehl at 931-738-3551 or pabroehl@blomand.net.

Mar 12 - North Bird Mountain Trail, Frozen Head State Park, Wartburg, TN. Beginning at Big Cove Campground, we will hike up the Bird Mountain Trail to the North Bird Mountain Trail intersection. We will hike the North Bird Mountain Trail, then return to Big Cove Campground via the Lookout Tower Trail. The North Bird Mountain Trail has been closed for 27 years and has recently reopened. The trail is well-marked, but has a couple of un-bridged stream crossings that could present a problem, poor footing in some places, and a few steep places. The hike is rated strenuous due to lots of elevation change. The trail follows the north boundary of the park where hunting is allowed. Bring some hunter's orange clothing in case turkey season is open. The hike is around 10 miles. Bring water, snacks, lunch, and a headlamp. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville. For information and to register contact Gary Kimbrell at 931.388.7918 extension 2677 or gkimbrell@tbf.com.

Mar 19 - Greenbrier Pinnacle Trail, Great Smoky Mountains National Park, Gatlinburg, TN. The first 1.5 miles of the hike will be along the Ramsay Cascades Trail. Leaving that trail we will follow the Greenbrier Pinnacle Trail up the mountain. As this trail is not maintained we can expect to need to cross over a number of fallen trees. The highlights of the hike are the views obtained near the top of the mountain. The hike is 9 to 10 miles and rated strenuous because of an elevation change of about 2500 feet. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Upper Cumberland – con't.

Mar 26 - Mullens Cove Loop, Prentice Cooper State Forest and Wildlife Management Area, Signal Mountain, TN. The loop offers views of the Tennessee River Gorge, rock bluffs, and cascading streams. The hike is rated moderate for 500 foot elevation changes, stream crossings, steep ascents and descents, and length. The total distance is 10.2 miles. Bring water, snacks, and lunch. 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 7:30. For information and to register contact Cindy Johnson at cjhikes@att.net or at 931-570-0122.

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 of having to stop to locate change).

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 to and from a trailhead is generally the most dangerous part of any hiking trip.*

Don't Miss an Outing Plan Ahead Register Early!

Our hike coordinators are volunteers. Make it easier for them to contact you if a hike needs to be cancelled by registering!

There are times when a hike leader must limit the number of participants (due to park regulations, etc.) on an outing. Please do not wait until the afternoon or evening before the outing to RSVP.

Plan ahead and register early.

OFFICERS:

President	Don Dresser	731-668-4190 <i>president@tennesseetrails.org</i>
Vice-President	Millette Jones	615-397-9588 <i>vicepresident@tennesseetrails.org</i>
Treasurer	Jan Agee	423-504-3581 <i>treasurer@tennesseetrails.org</i>
Secretary	Carolyn Miller	931-839-3213 <i>secretary@tennesseetrails.org</i>
Past President	Rosemary Marshall	865-548-6171 <i>pastpresident1@tennesseetrails.org</i>
Previous Past President	Anne Wesley	615-851-1052 <i>pastpresident2@tennesseetrails.org</i>
West TN At-Large Director	Graydon Swisher	901-737-3114 <i>westregional@tennesseetrails.org</i>
Middle TN At-Large Director	Nora Beck	615-517-6486 <i>middleregional@tennesseetrails.org</i>
East TN At-Large Director	Joe Matlock	865-354-6101 <i>eastregional@tennesseetrails.org</i>
Membership Director	Ron Dunn	615-867-3301 <i>membership@tennesseetrails.org</i>
Cumberland Trail Conference Representative	Diane Manas	615-352-7777 <i>CTC@tennesseetrails.org</i>
TN Rails To Trails Advisory Council Representative	Bob Richards	615-532-0753 <i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
Newsletter Editor	LouAnn Partington	931-393-4835 <i>editor@tennesseetrails.org</i>

TTA CALENDAR

The following dates in 2010 refer to statewide activities that TTA as a whole participates in. Please refer to this calendar often so that you

- will know when your volunteering interests are especially needed (such as during BreakAway, National Trail Days, etc.).
- will consider organizing or leading volunteers from your chapter/region for an event listed.
- can be sure to prevent scheduling conflicts with an activity you wish to plan.

FIRST QUARTER

Feb 27-Mar 5.....	CTC's Spring BreakAway, Week 2 in North Chickamauga Gorge (Soddy-Daisy)
Mar 6-12	CTC's Spring BreakAway, Week 3 in North Chickamauga Gorge (Soddy-Daisy)
Mar 13-19	CTC's Spring BreakAway, Week 4 in North Chickamauga Gorge (Soddy-Daisy)
Mar 20-26	CTC's Spring BreakAway, Week 5 in North Chickamauga Gorge (Soddy-Daisy)
Mar 26	Earth Hour - 8:30 pm local time

SECOND QUARTER

Apr 4-10	TDEC's Natural Areas Week (Statewide)
Apr 22	Earth Day 41 st Anniversary
May 7	Board of Directors' Quarterly Meeting (Location TBA)
Jun 4	National Trails Day (Statewide)

THIRD QUARTER

Aug 6	Board of Directors' Quarterly Meeting (Location TBA)
Sep 11-17	Bike Ride Across TN (B.R.A.T.) Proceeds Benefit the Cumberland Trail
Sep 24	National Public Lands Day (Statewide)

FOURTH QUARTER

Oct 28-30	Annual Meeting (Dubose Conference Center, Monteagle) hosted by Highland Rim and Murfreesboro chapters
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Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Mar 10	Apr 1
Apr 10	May 1
May 10	Jun 1

All submissions are subject to editing. Articles of general interest and non-hiking events will be included as space permits.

Please send all submissions to:
editor@tennesseetrails.org

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

ADDRESS SERVICE REQUESTED



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**
 RENEWING MY MEMBERSHIP

Mar 11

Please Mail This Form To:
Membership Director
P.O. Box 41446
Nashville, TN 37204-1446

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Ron Dunn 615-867-6601 membership@tennesseetrails.org

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
 I would like to receive my newsletter by email.

** CTC Membership** **\$5.00**

** Special \$5.00 rate for membership in Cumberland Trail Conference if you also are joining TTA or renewing your TTA membership. CTC is building the Cumberland Trail, which will go from Chattanooga to Cumberland Gap. Over 185 miles are now complete and open for hiking. More information can be found at www.cumberlandtrail.org. Please consider enhancing your commitment to Tennessee's great trails by joining the CTC.

Please list me with the following chapter:

___ Clarksville
___ Columbia/Franklin
___ Cove Lake
___ Dyer County
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ Northwest (UT at Martin/Weakley)
___ Plateau (Crossville)
___ Soddy Daisy
___ Sumner Trails (Sumner County)
___ 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, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

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