

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



FROM THE PRESIDENT

Happy New Year! The new year brings a time for reflection and the opportunity to recognize those who served the organization during the past year.

THANK YOU to all of the TTA board officers, chapter chairs, and hike leaders who served during 2014.

Again we thank the Nashville and Sumner Trails chapter members for the time they spent to produce a successful annual meeting at Montgomery Bell State Park.

Thanks also to all our donors and chapter volunteers who supported TTA during the year.

You promoted hiking as an activity associated with a healthy lifestyle and inspired others to get out and take a hike.

You maintained and built trails in your area of the state and you featured hikes to highlight the history of the area.

If you are looking for an inspirational experience in 2015, please consider volunteering with the Spring Breakaway program during the period of March 8 – April 4.

TTA and CTC members and other volunteers will be working with State Park rangers and college students to build trail on the Graysville Mountain Section of the Cumberland trail. If you are interested in being a part of this program, please contact the CTC office at ctcooffice2014@gmail.com.

TTA 2015 First Quarter Board Meeting

Saturday, February 7
1:00 – 4:30 PM CT
REI, Brentwood, TN

Agenda Items

- Approve minutes of the 2014 General Membership meeting and the October Board meeting
- Approve budget for 2015
- Evan Means Grants
- TTA/CTC Update
- Allocation of funds generated during 2015 annual meeting

If you have other items to bring before the TTA board, please contact Carolyn Miller at president@tennesseetrails.org in order to be placed on the agenda.

All TTA and CTC members are welcome to attend.

Joining TTA as a New Member? Membership Up For Renewal? 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. During the 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.



Office Location 409 Thurman Avenue,
Ste 102
Crossville, TN 38555
Office Hours Tuesday – Friday
..... 10 am – 3 pm CT
Phone: 931-456-6259
Office Staff: Marianne Mailhiot
Email: *ctoffice2014@gmail.com*
Website: *www.cumberlandtrail.org*

Spring Breakaway Program: March 8 – April 4, 2015

Volunteer opportunities include:

- Work with college students to build trail in the Graysville Mountain Segment.
- Serve as a camp volunteer
- Volunteer to present an educational program.
- Make a monetary donation to support the volunteers and pay for expenses.

For more information, please contact CTC Chairman, Gary Grametbauer at *gramet@att.net* or contact the CTC office.

Shop amazon.com Through TTA's Website

When you buy books (or anything else) at amazon.com through TTA's website, TTA benefits!

We have an arrangement with amazon.com where TTA receives a commission on all items purchased (such as books, magazines, music, electronics, even perfume) when you enter their site through our website. It's very easy! Go to the TTA website (*www.tennesseehikes.org*), navigate to the "To Buy!" page, then follow the link to the "VIRTUAL BOOKSTORE." Commissions are earned solely on sales made through the TTA website, therefore always enter amazon.com from the TTA website, and do not sign up for their one-click service.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Sandy Janus 931-551-8523
clarksville@tennesseetrails.org
CHAPTER VICE-CHAIR: Lili Ball 931-552-2773
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SECRETARY: Pam Gadsey 931-552-2325
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OUTINGS COORDINATOR: Paul Schwab 931-645-9068
clarksvillehikes@tennesseetrails.org
(call Paul & volunteer to lead an outing)
MEETS MONTHLY: 3rd Tuesday at 6:00 pm CT,
Crow Community Center, 211 Richview Rd.
Additional information may be seen at our web site:
http://www.tennesseehikes.org/blog/clarksville

Feb 7 - Percy Warner Park, Warner Woods Trail, 2.5 miles, moderate and Harpeth Woods Trail, 2.5 miles, easy. Suva Bastin 931-645-2849. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 50 miles to trailhead.

Feb 14 - Fort Donelson National Battlefield, hike around the battlefield, then hike out and back to the Fort Donelson National Cemetery. 5.5 miles. Moderate. J.R.Tate 931-920-2692. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 29 miles to trailhead.

Feb 17 - Monthly Meeting.

Feb 21 - Indian Town Bluff, near Ashland City, TN. 4 miles. Moderate. John Sneed 931-920-3828. Meet 8:30 am CT, Madison Street Kmart, Clarksville, TN. 28 miles to trailhead.

Feb 28 - Bells Bend, Loop Trail. 2.5 miles. Easy. Suva Bastin 931-645-2849. Meet 8:00 am CT; Madison Street Kmart parking lot. 39 miles to trailhead.

TIP

In the fall, winter and spring, always bring a stocking cap or warm hat. Weather is often unpredictable, and covering your head will keep you more comfortable in a variety of conditions.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Carolyn Watson 901-652-9089
columbia@tennesseetrails.org

PROGRAM COORDINATOR: Ellen Clark 615-595-2640
columbiaprog@tennesseetrails.org

HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiahikes@tennesseetrails.org

MEETS MONTHLY: 1st Tuesday at Super China Buffet, 5228 Main St., #B1, Spring Hill, TN 37174. Socializing and dinner at 6:00 pm CT; meeting starts at 7:00 pm.

Feb 3 - Chapter Meeting. Fred Warner will present his 2011 trip to Bryce Canyon. Utah is famous for its red-rock canyons and rugged vistas stretching to the horizon. Bryce Canyon is the culmination of a series of step like uplifted rock layers known as the Grand Staircase, stretching north from the Grand Canyon. The park's Pink Cliffs formations are crammed full of wonderful pinnacles, steeples and spires, and weird geological creations sculpted by wind, water and ice. Bryce is actually more a series of natural amphitheaters formed by erosion over the millennia. The wind and rain have peeled back the sedimentary layers to reveal stripes of red, orange and white.

Feb 7 - Sipsey Wilderness, Alabama (southwest of Decatur). We will hike the Borden Creek Trail which is 2.7 miles one way, 5.4 miles round trip. This is a moderate trail that provides a beautiful introduction to the Sipsey Wilderness. It is convenient to two trailheads, not too long, and the scenery is spectacular - Borden Creek on one side, bluffs and hemlock forest on the other, and a number of waterfalls thrown in for good measure. We will hike from south to north and there is a \$3 user fee. Please bring good hiking footwear, hiking poles, water, lunch and dry clothes. We will meet behind McDonalds 4908 Main Street (Hwy 31) on the north side of Spring Hill at 6:45 am CT and depart promptly at 7:00 am. To register or for information please contact Cindy Whitt at *Cindy.whitt@comcast.net* or 615-202-5761.

Feb 28 - Walls of Jericho. This is a moderate to strenuous hike, but spectacular scenery awaits at the Walls. We will take the shorter, steeper route from the Alabama side. Be prepared with plenty of water and energy snacks. Bring a lunch as we will likely spend time at the falls to explore and relax before turning back. The trail can be wet and muddy, so bring a dry pair of shoes and socks for the drive home. This hike is 7-8 miles long, so plan on spending 7-8 hours on the trail. We will meet in the parking lot of Toll Gate Medical Plaza which is just north of I-840 on Hwy 31 in Thompson Station. We will leave at 6:30 am CT, so please arrive a few minutes early to check in and arrange car-pooling. Register with Lou Laratta: *loularatta@gmail.com*. Lou's cell phone number is 615-305-3868.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-951-8317
easttennessee@tennesseetrails.org

WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

Feb 14 - Third Creek Greenway. 5 miles. We will begin at Tyson Park and walk (2 by 2) to Earth Fare. This trail is heavy with bicycles most of the time but nevertheless it's very scenic and a wonderful addition to St. Valentine's Day. Let's meet at 10:00 am ET at Tyson Park across from the tennis courts. Pre-register with Lesley Price 854-254-1193 or *Lesley.p616@gmail.com*.

Feb 28 - Maryville Greenway. This will be a 5 mile walk around beautiful Maryville. For additional information or to pre-register, contact Karen Towle at *delicadeze@aol.com*.

HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

CHAPTER CO-CHAIRS: Naullain Kendrick 931-224-6225
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SECRETARY: Carolyn Fitz 931-598-0597
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TREASURER/MEMBERSHIP: Marietta Poteet 931-924-7666
highlandrimtreas@tennesseetrails.org

OUTINGS & PROGRAM COORDINATOR & NEWSLETTER CONTACT: Joan Hartvigsen 931-962-0811
highlandrimhikes@tennesseetrails.org
(contact Joan & volunteer to lead an outing)

MEETS MONTHLY: 4th Monday at 7:00 pm CT at the D. W. Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Feb 14 - Base of Fall Creek Falls Trail, Gorge Overlook Trail, Piney Falls Overlook and Bridge Trails; Fall Creek Falls State Park, Pikeville, TN. 4 miles. Moderate. Steep descent, rough footing. We will also visit the overlooks off the Gorge Scenic Drive Motor Nature Trail including Millikan's and Buzzard's Roost. On this trip we will visit the plunge pool and then the overlook of 256 ft. high Fall Creek Falls. We will see Cane Creek Falls and Cane Creek Cascades and enjoy spectacular views of Fall Creek Gorge and Cane Creek Gorge. Piney Falls is a 95 ft. two tier waterfall. Bring water, snacks and lunch. You will need sturdy hiking boots and hiking sticks. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811 for carpool information.

Highland Rim Chapter – con't

Feb 21 – Eat-Cave-Eat, Sewanee Perimeter Trail, Sewanee, TN. Trail into Thumping Dick Cove including Solomon's Temple Cave, 3 miles, tough and muddy. Meet at 9:00 am CT at the Blue Chair Restaurant in Sewanee for breakfast or 9:30 am if you just want to hike. We will begin at Gate 7 off Brakefield Road and hike down to the cave seeing some other geologic features on the way. The cave itself is fairly short and very muddy, but we will be rewarded with a beautiful 20 ft. waterfall in the back. Then back up the road and onto Shenanigans for lunch. Wear clothes you don't mind getting dirty. Bring at least two light sources, water, and a change of clothes. Let our hike leader, Naullain Kendrick, know you are coming at naullain@hotmail.com.

Feb 23 – Chapter Meeting. We will have dinner at 5:00 pm CT at Fast Jack's Steaks and Seafood, 122 West Lincoln St., Tullahoma, TN. Our meeting is 7:00 pm at D. W. Wilson Community Center. Cynthia Crysdale and Peter Hunter will present a program on their recent trip to the Galapagos Islands.

Feb 28 – Virgin Falls State Natural Area, between Sparta and Crossville, TN. 9 miles round trip. Strenuous. Experienced hikers only. The trail descends around 900 ft. in elevation along a path that in many areas is rocky with uneven footing. The hike will take most of the day, so we will start the hike early in the day in order to allow plenty of daylight. If it is cold enough there may be ice on the trail and in the waterfalls. The hike to Virgin Falls is considered to be one of the best hikes in Tennessee and features three beautiful waterfalls: Big Laurel Falls, Sheep Cave Falls and Virgin Falls. Virgin Falls is formed by an underground stream that emerges from a cave, then drops over a 110 ft. high cliff before disappearing into another cave at the bottom of the sink. Dress appropriately for the weather. Wear good hiking boots. Hiking poles are recommended. Bring water, snacks and lunch. Please call Marietta Poteet at 931-924-7666 or email to nannietta@blomand.net for meeting details.

TIP

Dressing in layers will allow you to adjust to different levels of exertion. Weather can change unexpectedly in the spring, fall and winter, and proper layering will help keep you comfortable, warm and dry.

JACKSON CHAPTER

CHAPTER CHAIR: Vicky Moeller 731-668-9336
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TREASURER: Anne Goodson 731-664-1556
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SECRETARY: Don Dresser 731-668-4190
jacksonsecy@tennesseetrails.org
OUTINGS COORDINATOR: Glen Rognstad 731-217-5966
jacksonhikes@tennesseetrails.org
(call Glen & volunteer to lead an outing)
MEETS MONTHLY: 1st Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

Feb 7 - Pinson Mounds. This will be an easy hike, close to Jackson. We will leave from Panera at 8 am. For additional information and to register, contact Glen Rognstad at 731-217-5966 or glenrognstad@gmail.com.

Feb 14 - Fort Donelson. This National Battlefield was the site of battles from February 11 to 16, 1862. Dick McKeen will give us a guided tour of the Fort Donelson battlefield and describe how it was connected to the trails and events at nearby Fort Henry. You can find information about the park at <http://www.nps.gov/fodo/index.htm>. If you would like to come, please let Dick know by contacting him at sprucemountain@Eplus.net or 720 469-0619.

Feb 21 - Meeman-Shelby Forest SP. Sara Rognstad will lead this hike through this large bottomland area bordering the Mississippi River, which contains a range of ecosystems from mature upland forest to Bald Cypress and Tupelo swamp. Deer, turkey, otter, beaver, foxes and bobcats are plentiful throughout the forest. Over 200 species of songbirds, waterfowl, shorebirds and birds of prey, including the American Bald Eagle can be seen. <http://tnstateparks.com/parks/about/meeman-shelby>. We will leave from Panera at 8 am CT. Sara can be reached at 206-553-9334 or hakim.sara@gmail.com.

Feb 28 - Johnsonville SHP. Susan Woods will lead us on a hike through this park, which commemorates the site of the Johnsonville Depot and the Battle of Johnsonville. The trails recently were repaired and marked and a new visitor center was built, making the park more interesting to visit. For information about the park, see <http://tnstateparks.com/parks/about/Johnsonville>. We will leave from Panera at 8 am CT. Please let Susan know if you are coming; she can be reached at 731-584-2668 (home), 731-441-8066 (cell) or woodsbob@bellsouth.net.

Please mark your calendars for these upcoming hikes:

Mar 14 - Natchez Trace SP – Red Leaves Trail
Mar 28 - Big Hill Pond SP
Apr 11 - Tishomingo SP
Apr 25 - Annual wildflower hike
May 2 - Mousetail Landing SP

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Feb 7 - Herb Parsons Lake. 6 miles. Easy. Meet at 10:00 am at the lake. Bring water and snacks, wear sturdy shoes. Rain cancels hike. Contact Beverly Hollingsworth, 901-647-1836.

Feb 14 - Tour de Wolf. 6 miles. Easy. The Tour de Wolf "off road" bicycle course/trail is not paved; so, wear sturdy shoes or boots. We will meet at the Shelby Farms "Temporary" Visitor Center at 9:00 am CT sharp. The Temporary Visitor Center is located across the road from the Woodland Discovery Playground. It's easiest to reach from the park entrance on Mullins Station Road. If you enter the Park from Farm Road, there are signs directing you through the Park, past the old (now closed) Visitor Center, to the Temporary one on the Mullins Station Road side of the Park. For information contact Woody Pierce at 901-755-5635 or *woodyperce2@gmail.com*.

Feb 21 - Wolf River at Walnut Grove. 6-7 miles. Hike on flat trail along Wolf River and in the woods. At 9:30 am CT meet at dirt parking lot south off Walnut Grove, just east of Baptist Hospital. Bring water and snacks. Boots suggested. Canceled in the case of rain. Call 901-494-4452 for details.

Feb 28 - Village Creek State Park, Wynne, AR. 5 to 6 miles. Easy to moderate. Group will determine trail to be hiked. Trail is over part of the Trail of Tears, and the old wagon road west. Meet at 9:30 am CT at the visitor center, carpool leaves Tennessee Welcome Center on Riverside Drive at 8:00 am. Bring water and lunch, wear sturdy shoes. Rain cancels hike. Contact Cathy Cole, 901-835-2273

TIP

Avoid cotton clothing as "cotton is rotten" and "cotton can kill" when outdoors in cooler temperatures. Cotton dries slowly and won't keep you warm when you get wet, while wool, fleece and other synthetics will. Reconsider wearing jeans if rain is predicted – they weigh too much and take forever to dry.

MURFREESBORO CHAPTER

CHAPTER CHAIR: Sara Pollard 615-714-3610
murfreesboro@tennesseetrails.org
TREASURER Ann Jacobs 615-896-3935
murfreesborotreas@tennesseetrails.org
MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT, Barfield-Crescent Park's Wilderness Station, 697 Veterans Parkway, Murfreesboro
BLOG: *www.tennesseetrails.org/blog/murfreesboro*

Feb 7 – Stones River Battlefield. Old Nashville Highway, Murfreesboro. Approx 4 miles easy on level terrain. The hike will be battle narrated by Jim Schroeder, long time volunteer at the battlefield and former member of our TTA Chapter. With Jim's commentary it is anticipated to last about 2.5 to 3 hours. Those who wish to share lunch may join us at a local restaurant following the hike. The hike will begin at the visitor center with an overview of why the battle was fought here and will include an 8 minute movie which was made at the battlefield. Leaving the visitor center we will move to the western edge of the park, past trenches which were built by the Union the evening of the first day of the battle, Dec 31. From there the hike will proceed south along the perimeter of the park property on a wood chipped path through the thick woods, which were much as they are today. Turning east we will soon reach the "Slaughter Pen" the site of severe carnage, reportedly hovering ghosts as determined by various paranormal investigations. From the slaughter pen we will head northerly along a woods path, past various stone trenches used by many an infantry man, and reportedly shielding one Union lad for 9 days in the bitter cold before he was discovered. As we continue onward to the north, on the paved bicycle lane, we will pass through an area which once housed the Afro American settlement of "Cemetery" with an explanation of how it got there. Reaching the Old Nashville Pike, we will cross over to "Hell's Half Acre" and the oldest civil monument on its original site, the Hazen Monument. From there we will proceed westerly on a chipped path towards and around the National Cemetery which houses over 7000 gravesites before returning to the visitor center. Please contact Fount or Anna Bertram to sign-up. *abertram@dtc.com.net* or *fwbertram@dtccom.net* or home phone 615- 765-5357.

Feb 10 – Chapter Meeting. Dr. Cliff Ricketts from Middle Tennessee State University will be speaking on his 35 years of research with alternative fuels. He will briefly discuss running vehicles of ethanol from corn and other products, running vehicles off biodiesel made from vegetable oil and animal fat, running vehicles off solar electric, and running vehicles off sun and hydrogen from water plus some other alternatives. He will be open for questions, comments, and suggestions.

Murfreesboro Chapter – con't.

Feb 21 – Beaman Park, Nashville. 4.2 miles. Easy to moderate. 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 information 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 the Park and Ride Lot on Broad Street 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. Afterwards, we will eat in an area restaurant. To register, contact Mary Belle Ginanni at mginanni@comcast.net or phone 615-895-6072.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-283-0507
nashville@tennesseetrails.org

OUTINGS COORDINATOR: Nancy Juodenas 615-319-8811
nashvillehikes@tennesseetrails.org

(email Nancy & 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

BLOG: www.tennesseetrails.org/blog/nashville

Chapter News - Each December, for over a decade, the Nashville chapter has been invited by REI to wrap customer's packages in exchange for donations. These donations are used to offset costs for the Cumberland Trail's Spring Breakaway. And each year the gift wrapping event has been fun and successful but none of this would be possible without our dedicated and creative gift wrapping elves! A HUGE thank you to the following elves who generously gave of their time this year: Diane Manas, Doug Burroughs, Dianna Richter, Betty Magee, Nora Beck, Elizabeth Gerlock, Patricia Moisan, Rachel Jakobovitz, Jenice Johnson, and Nancy Juodenas.

This year we raised \$507 which will be used to buy food for all those volunteers, mostly college kids, who come to work on the Cumberland Trail during their spring break. This was the 13th year that TTA-Nashville has wrapped gifts at REI and it continues to be overwhelmingly well-received by their customers and quite successful for Tennessee Trails Association and the Cumberland Trail so...On behalf of the Nashville Chapter of TTA and the Cumberland Trail Conference...A HUGE thank you to REI for inviting us into your store and your continued support of Tennessee Trails Association, Cumberland Trail and our trail systems in TN!

Nashville Chapter – con't

Feb 14 - Stone Door/Big Creek Gulf/Big Creek Rim, South Cumberland State Park, Beersheba Springs, TN. 8 miles. Difficult. This hike takes us through the Great Stone Door and along the Big Creek Gulf Trail. After a strenuous ascent, we'll end up at Alum Campsite and will take the Big Creek Rim trail back to the Door and the Ranger Station. This hike is DIFFICULT due to rock hopping, steep descents down the Door, and elevation changes. Please bring your lunch, plenty of water and hiking sticks are recommended. For information or to register contact Kathy Woods at kwoodz@comcast.net or 615-473-6824.

Feb 21 - Greeter Falls Trailhead to Stone Door Ranger Station. 8 miles. Difficult. Start at the Greeter Falls Parking lot. Hike about .7 miles to Greeter Falls. After viewing the falls, ascend back up the bluff to Greeter Trail which meets up with Big Creek Gulf Trail in about 1.5 miles. Hike about 5 miles down into the gulf, following Big Creek, with a side trip (1 mile RT) to Ranger Falls, then up through the Stone Door and finally meeting up with the Stone Door Trail. Hike will end at the Stone Door Ranger Station in .9 miles. We will need to set up a shuttle due to shortened daylight hours. With any luck, we will have beautiful frozen falls and plenty of photo ops. For more information and to register call or email Karl/Kathie Dupre at karld@comcast.net or 615-207-2250.

Feb. 24 - Chapter Meeting. Many chapter members know Bill Griffiths. You've hiked with him, or benefited from his expertise as a sales associate at REI, or both. At this meeting he will be sharing with us his adventures and insights from his hike of the Appalachian Trail. He completed the trail in two long sections, in 2013 and 2014, punctuated by a knee injury and recovery. Bill calls his AT experience "the most fulfilling I have ever embarked on." Be sure to attend, and bring a friend. You're bound to be inspired.

Feb 28 - Stones River Greenway. 6 miles out and back, paved. Moderate. Meet at 8:00 am CT at the Bell Road trailhead near Percy Priest Dam. Directions: from downtown Nashville, follow I-40 East to Exit 219, Stewart's Ferry Pike. Turn right off the exit ramp, follow Stewart's Ferry Pike past Thornton's gas station and turn left onto Bell Road going toward the dam. Take the first left off Bell Road and follow the road downhill to reach the trailhead. The trail follows the Stones River and forks to the right where there is a long bridge about halfway in, with possible views of fish, turtles and birds. We will follow the trail to the Kohl's parking area on Lebanon Road and then hike back to the dam. To sign up, contact Betty Magee at monetfan455@yahoo.com or 615-319-5394.

PLATEAU CHAPTER

(Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-200-7436

plateau@tennesseetrails.org

TREASURER: Bill Quattrociocchi 931-484-4230

plateautreas@tennesseetrails.org

MEETS MONTHLY: 2nd Thursday at 6:00 pm CT

BLOG: www.tennesseetrails.org/blog/plateau

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information, contact Bill Harris at 931-484-9152 or visit the Plateau Chapter Blog. Rain cancels.

Feb 12 -- Chapter Meeting. 6:00 pm CT. Program: Friends of Cumberland Trail by Del Truitt. Location: First United Methodist Church Annex, 69 Neecham Street, Crossville. Dinner at La Costa's Restaurant, The Crossings, Crossville at 4:45 pm CT. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information.

Feb 14 -- Dicks Gap, Big South Fork, Stearns, KY. This is a new trail for the Plateau Chapter in the Blue Heron area of the Big South Fork. We will do a moderately difficult 7 mile loop hike of the Dick Gap Trail. The hike starts at the Blue Heron coal camp parking area. We will cross the river on the railroad bridge to link up with the Kentucky Trail which connects to the Dick Gap Trail. The trail features the Dick Gap overlook and the Catawba overlook of the Big South Fork of the Cumberland River, as well as Dick Gap Falls and Big Springs Falls. Wear boots, and bring water, lunch and snacks. Depart from the parking lot behind Vanity Fair at 8:00 am CT. Contact Curt Thomas at 931-260-2140 or curtethomas@frontiernet.net to sign up or with questions.

Feb 28 -- Stinging Fork and Twin Rocks, Spring City. These two hikes are being combined to give a total hiking distance of about 5.5 miles. Twin Rocks is a moderate loop of 2.5 miles with a total elevation increase of 500 feet. To reach the overlook at the upper part of the loop, the hiker must climb wire cage ladders to the top of Twin Rocks to see out over the Piney River and Soak Creek Gorges. Stinging Fork State Natural Area is further down the road 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. Depart from Trinity Tabernacle on Highway 127 South at 8:00 am CT. For more information and register contact Cheryl Heckler at thehecklers@charter.net or 931-200-7436.

SODDY-DAISY CHAPTER

CHAPTER CO-CHAIRS: Ed & Donna Pyers 423- 344-9271

soddydaisy@tennesseetrails.org

HIKE COORDINATOR: George Bonneau 423-842-3619

soddydaisyhikes@tennesseetrails.org

TREASURER: Bob McGavock 423-843-4646

soddydaisytreas@tennesseetrails.org

MEETS QUARTERLY: 1st Tuesday in Jan, Apr, Jul, Oct at

6:00 pm ET at Burk's United Methodist Church, 6433 Hixson Pike, Hixson

Additional information may be seen at our web site:

<http://www.tennesseetrails.org/blog/soddydaisy>

Feb 3 – Shallowford Road to Brainerd Road and back. Approximately 4 miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am ET. Hike leader: George Bonneau.

Feb 7 – Chickamauga Military Park. Approximately 7 miles. Moderate. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike leader: George Bonneau.

Feb 10 – Nickajack Connector Trail. Approximately 5 miles. Moderate. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike leader: George Bonneau.

Feb 14 – Sluder Lane to Soddy Daisy Greenway. Approximately 6 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike leader: George Bonneau.

Feb 17 – Prentice Cooper parking lot to Snoopers Rock. Approximately 6 miles. Moderate. Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike leader: George Bonneau.

Feb 21 – Frozen Head State Park. Approximately 8 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: George Bonneau.

Feb 24 – Harrison Bay State Park. Approximately 4-1/2 miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am ET. Hike leader: George Bonneau.

Feb 28 – Flipper Bend. Approximately 8 miles. Strenuous. Meet at Wal-Mart parking lot in Soddy Daisy at 9 am ET. Hike leader: George Bonneau.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Jane Hamm 615-757-3331
Gayle Livingston 615-264-2940
sumner@tennesseetrails.org

MEETS MONTHLY: 1st Monday at 7:00 pm CT.

Feb 3 - Chapter Meeting - Trivia Night at Barefoot Charlie's. We usually have our chapter meetings on Monday night, but by popular demand, we will meet instead on the first Tuesday this month at Barefoot Charlie's to enjoy Trivia Night. The trivia contest begins at 6:30 pm CT so please arrive a little earlier to order dinner and be ready to play. We have done extremely well in the past, but noted that many sports and football questions were asked last year. So study up and get ready for a fun-filled evening!

Feb 21 – Shelby Bottoms Greenway. 3 miles. Easy. If it's dry we'll hike part way on the foot trails, if not we will stay on the paved mostly level Greenway, starting at the Forest Green Trailhead and following alongside the Cumberland River downstream to the Nature Center where we will have dropped a car to shuttle the drivers back to their cars. After the hike we'll go to lunch at The Pharmacy in East Nashville. We will meet at First Presbyterian in Hendersonville at 9 am CT or at the Forest Green Trailhead at 9:45 am CT. For further info contact River Rat Al at ballallenger@aol.com.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

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

HIKE COORDINATOR: Kathleen Sullivan 931-284-7822
uppercumberlandhikes@tennesseetrails.org

Feb 7 – Lone Mountain Loop Trail in Morgan County. The state acquired the land for Lone Mountain State Forest in 1929 through a tax delinquency sale. Lone Mountain reflects the handiwork of the state forestry crews naming a spring and ridge after the men who built the trails. On a clear day, from Coyote Point you can see the Smoky Mountains. The trail is opened to horseback riding, mountain biking, and hiking. A section (approximately 2 miles) is designated for hikers only and follows LaRue Ridge. This hike is 10 miles and is rated *strenuous* because of elevation change and the numerous steep pitches. Bring water, snacks, and lunch. You can meet us at 7:30 am CT in the Penney's parking lot in Cookeville. For information and to register contact Kathleen Sullivan at 931-284-7822 or ksully@frontiernet.net.

Feb 14 – Cardwell Mountain, meal & cupid gift exchange. Moderate 5-mile hike starting at Cumberland Caverns parking lot. Potluck dinner at Nora's after hike. Bring hiking shoes, snacks, water, and lunch. Call Nora at 931-808-2560 for meeting time and information regarding gift exchange & dinner.

Upper Cumberland Chapter – con't.

Feb 21 - Lookout Mountain Bluff Trail, Chickamauga & Chattanooga National Military Park. 8.6 miles. Moderate. We will take the Incline Railroad (\$14.00 round trip) to the top of the mountain. We will walk to the Military Park (entrance fee \$3.00 per person or folk over 65 with a Golden age/Senior pass can get 4 adults in free per pass. Once inside the park there are great views of Chattanooga, we will descend to the Bluff Trail and take it to Ochs Gateway. We could see folks rock climbing along the way. Also we will stop at Sunset Rock for lunch. After the hike we will stop at Sticky Fingers in Chattanooga for an evening meal. Bring water, snacks, and lunch. We will leave J.C. Penny's parking in Cookeville at 7:00 am CT and from U.S. Bank, across from McDonalds, in Sparta at 7:30 am CT. For information and to register contact: Pete Broehl at 931 738-3551 or pabroehl@blomand.net.

Feb 28 – Spring, cascade, and sink, Savage Gulf State Natural Area, Beersheba Springs, TN. Except for a short section along the Connector Trail this hike uses old roads instead of the trail system in Savage Gulf. We will descend from near Beersheba Springs into the gulf using the road which is the continuation of Grassy Ridge Road. The hike features a number of historic sites including cemeteries, house sites, and the site of the Savage Gulf School. We will eat lunch by a large spring on the mountainside above the gulf of Savage Creek. The water cascades down the mountainside only to disappear into a sink. We will complete our hike by ascending from the gulf to meet Grassy Ridge Road. The hike is about 7 miles and is rated strenuous because of sometimes steep and rocky terrain. In case of high water it will be necessary to alter the route of the hike. Bring hiking boots, snacks, water, and lunch. You can meet us at 7:30 am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 8:00. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

GO GREEN

Electronic Newsletter Available

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

OFFICERS:

President	Carolyn Miller	931-839-3213
		<i>president@tennesseetrails.org</i>
Vice-President	Levon Hubbard	931-707-1020
		<i>vicepresident@tennesseetrails.org</i>
Treasurer	Kathy Woods	615-473-6824
		<i>treasurer@tennesseetrails.org</i>
Secretary	Diane Manas	615-352-7777
		<i>secretary@tennesseetrails.org</i>
Membership Director	Tim Townley	731-607-0512
		<i>membership@tennesseetrails.org</i>
Past President	Millette Jones	615-397-9588
		<i>pastpresident1@tennesseetrails.org</i>
Previous Past President	Don Dresser	731-668-4190
		<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	Kathie Tange-duPré	615-834-9274
		<i>midlleregional@tennesseetrails.org</i>
East TN At-Large Director	Bruce Whitehead	941-716-3620
		<i>eastregional@tennesseetrails.org</i>
Cumberland Trail Conference Representative	Frank Jamison	865-376-4120
		<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>

Newsletter Deadlines:

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

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

INACTIVE CHAPTERS

We have three chapters in the process of being reorganized. If you are interested in assisting with this process, please see below for the contact information.

Cove Lake	Bruce Whitehead	941-716-3620
		<i>eastregional@tennesseetrails.org</i>
Dyer County	Graydon Swisher	901-737-3114
		<i>westregional@tennesseetrails.org</i>
Northwest	Graydon Swisher	901-737-3114
		<i>westregional@tennesseetrails.org</i>

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.*

Attention: Hike Coordinators (aka Hike Leaders)

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

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

Feb 15

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,
Tim Townley 731-607-0512 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 (Inactive)
___ Dyer County (Inactive)
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ Northwest (Inactive)
___ 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.