

# 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



## EVAN MEANS GRANT PROGRAM

One of the most successful programs that Tennessee Trails operates is the Evan Means Small Grants Program. The Evan Means Grant program was established in February 1999 to honor Evan Means, one of the founders of TTA. This program funds trail related projects across the state and is open to TTA chapters, as well as to other non-profit, volunteer based organizations. Grant amounts should normally be in the range of \$300-\$600, but larger requests will be considered.



2017 Project – Historic Rugby

Our normal cycle is to accept grant requests during the fourth quarter of each year, and then announce the awards the following February after the board has reviewed and approved the requests. However, requests may be considered at other times throughout the year and if funds are available.

If you are planning or coordinating a trails project in your area, now is the time to be submitting a request for funding for the 2018 grant cycle. The first grants for 2018 will be awarded by board action at the February 3 Board meeting.

For more on the 2017 projects, see page 6.



2017 Project, T.O. Fuller State Park  
Eagle Scout Roman Rushing and Troop 34



2017 Project, T.O. Fuller State Park  
Eagle Scout John Humber and Troop 34

The website has a grant application. Alternatively, you may e-mail [grants@tennesseetrails.org](mailto:grants@tennesseetrails.org) for more information or to request an application.



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: ..... Teresa Kemmer  
Email: [ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com)  
Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

**Save the dates!!**

**Week of February 11 – 17, 2018.**

Master Trail Building Training Certification.  
February 11 – 15 Master Trail Building  
February 16 – 17 Mechanized Training. Scheduled for the Crossville area.  
Contact the CTC office for more information and to register.

**March 4 – March 31:** Spring Break Program (Alternative Spring Break) – Camp Ozone, Crossville area. This year the work area will be on the long awaited link from Black Mountain northeast to Ozone Falls State Park. Participating schools include U of Delaware, U of Boulder, Butler, U of South Florida, Pitt, Michigan, Boston, Michigan State, Florida International and the U of South Florida. Come join us for Spring Break. Enjoy the spring weather, work with energetic college students and add miles to the Cumberland Trail. Contact the CTC office for more information and to register.

***Interested in writing grants to fund the building of the Cumberland Trail?*** We will have a part-time position available in 2018. If interested, please contact the CTC office.

***Want to help build the Cumberland Trail?*** Then join our trail building team on one of the regular trail days. Contact CTC office for current work site locations and to volunteer to join the crew. Training always provided.

**Trail Crew News.** The Central Crew and volunteers will now focus on completing the four miles remaining within Daddy’s Creek Gorge in Catoosa WMA.

***Not a trail builder, but want to volunteer in other ways?*** Consider being a cook during a planned program, hosting a group as a Camp Dad or Camp Mom, volunteer at the CTC office, or contact us with how you think that you can volunteer to serve CTC and help to build the Cumberland Trail.

Not sure how you can help build the Cumberland Trail!! Contact us and we will find a place for you.

---

**CLARKSVILLE CHAPTER**

**CHAPTER CHAIR:** J.R. Tate 931-220-1359  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**CHAPTER REPRESENTATIVE:** Paul Schwab 931-801-9484  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**TREASURER:** Mary Schwab 931-645-9068  
[clarksvilletreas@tennesseetrails.org](mailto:clarksvilletreas@tennesseetrails.org)  
**SECRETARY:** Donna Burdick 931-220-8497  
[clarksvillesecy@tennesseetrails.org](mailto:clarksvillesecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Paul Schwab 931-801-9484  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)  
*(call Paul & volunteer to lead an outing)*  
**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 6:00 pm CT,  
Crow Community Center, 211 Richview Rd.  
*Additional information may be seen at our web site:*  
<http://www.tennesseetrails.org/blog/clarksville>

---

**Feb 3 - LBL Honker Lake Trail. 4.3 miles. Moderate.** J Blue Bastin 645-922-0989. Meet 8:00 am CT, Kroger parking area, Dover Crossing Road, Clarksville. 69 miles to trailhead.

**Feb 10 - Fort Donelson National Battlefield, hike around the battlefield and out and back to the Fort Donelson National Cemetery. 5.5 miles. Moderate.** Paul Schwab 931-801-9484. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 30 miles to trailhead.

**Feb 17 - Marcella Vivrette Smith Park, Brentwood, TN. 5 miles. Moderate.** Trail is unpaved with a few slick and steep sections. Bob Lyon 931-648-2354. Meet 8:00 am CT, at the I24 exit 11 park and ride parking lot behind Subway. 57 miles to the trailhead.

**Feb 20 - Monthly Chapter Meeting.**

**Feb 24 - Indian Town Bluff, near Ashland City, TN. 4 miles. Moderate.** Paul Schwab 931-801-9484. Meet 8:30 am CT, Madison Street Old Kmart parking area. Clarksville, TN. 28 miles to the trailhead.

---

**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.

---

## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CHAIR:** To be determined  
*columbia@tennesseetrails.org*  
**HIKE COORDINATOR:** Jane Coffey 615-516-6551  
*columbiahikes@tennesseetrails.org*

**MEETS QUARTERLY:** Meets quarterly at the Barnabas Center at 506 Fair Street, Franklin, TN 37064. The Barnabas Center is located behind St. Paul's Episcopal Church. Social hour from 6:00 - 7:00 pm. Meeting at 7:00 pm.

---

Please check the TTA website for updates on our hikes.

**Feb 11 - Montgomery Bell Hike. 5 miles.** Montgomery Bell State Park is located seven miles east of Dickson in Dickson County. The park was once the center of iron industry in Middle Tennessee. The park's namesake, Montgomery Bell, formed one of the largest iron industries in Tennessee. Iron was once thought to be more valuable than gold and was a very lucrative industry at the time. The site of the first Cumberland Presbyterian Church is also located at Montgomery Bell State Park. The church was founded in 1810 in the log cabin home of Reverend Samuel McAdow. A replica of the cabin and a church are located within the park. There are nearly 19 miles of trails throughout the park with one that follows the circumference of the park. Leader: Jane Coffey - *jecoffey0644@gmail.com* or 615-516-6551.

**Feb 24 - Long Hunter State Park.** The 2,600 acres which make up this area became a state park in 1974 and has four sections, Couchville, Baker's Grove, Bryant Grove and Sellars Farm. Long Hunter State Park offers a variety of recreational activities. The more than 20 miles of hiking trails provide a variety of terrain and habitats and range from pleasant strolls to longer jaunts for the more adventurous. Trails include a self-guided, paved arboretum trail and the five and a half -mile Volunteer Trail that follows the lakeshore. Sellars Farm State Archaeological Area is a family-friendly attraction for history enthusiasts interested in learning more about this area. Sellars Farm is one of the few Native American mounds in Tennessee that is protected under government ownership. Based on artifacts discovered at Sellars Farm, the community appears to have been occupied during the Mississippian Period around 900 AD until about 1500 AD. There's a short loop trail around the farm which is a good hike for guests with children and offers a unique learning experience. Sellars Farm is located on Poplar Hill Road, Watertown, Tenn. 37184 and is a satellite of Long Hunter State Park. The leader of the hike will select the hiking trail for this hike. We will meet at Tollgate Medical Center at 8:00 am to carpool to Long Hunter State Park. If anyone wants to meet us at the trailhead we should be there by 9:15 am. Leader: Joel Peavyhouse *jpvhouse@comcast.net*.

---

## EAST TN CHAPTER (Oak Ridge / Knoxville)

**CHAPTER CHAIR:** Rosemary Marshall 865-985-9144  
*easttennessee@tennesseetrails.org*  
**WEBMASTER:** Sherry Barber 865-209-6189  
*sbarber6189@comcast.net*

---

**Feb 3 - Wheat Community, Roane Co. 6 miles.** The Wheat community existed before Oak Ridge was built. All that remains is a very historic cemetery and wooden church. Wheat is now part of the BORCE. Our hiking will be on dirt road and woodland trail. Even with our late start there will still be time for dinner in Oak Ridge if so desired. Bring water, snacks and rain gear, sturdy hiking boots are recommended. Meet at Books a Million on Illinois Ave in Oak Ridge at 12 noon ET to carpool. Park on the Illinois side of the lot. Leader Chris Hamilton, *hikeintenn@gmail.com*.

**Feb 17 - Coytee Loop Branch and Glendale Branch Trails, Tellico Lake. 5.4 miles. Easy.** The hike will start at the Coytee Loop Branch trailhead parking lot and connect with the Glendale Branch trail. The trail basically follows the shoreline of Tellico Lake. The trails are relatively flat, a few hills but nothing difficult. A loop hike is not practical because of the terrain and road system. We will need to park one vehicle at the Glendale Branch trailhead to shuttle us back to the Coytee Loop Branch trailhead when we have finished the hike. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other weather appropriate clothing, a snack, a drink and a camera. We will meet in the Central Baptist Church of Bearden parking lot for car-pooling and leave at 8:30 am, stopping at the Walmart parking lot in Lenoir City, 911, TN 321 N, nearest the Murphy Gas Station. We will leave there at 9:00 am. We should be at the trail head by 9:45. Please remember to bring \$\$\$ for carpooling. After the hike plan on stopping at the Gondolier in Lenoir City on the way back for a meal and refreshments. For specific information about the hike please call Tom before the 16<sup>th</sup> at 974-4422 or leave a message at 588-5622 or send an email to *cressler@utk.edu*.

---

## HIGHLAND RIM CHAPTER

### (Coffee and Franklin Counties)

**CHAPTER CHAIR:** Mary Etta Ward 931-581-9906  
*highlandrim@tennesseetrails.org*

**SECRETARY** Tanja Kendrick 931-224-6225  
*highlandrimsecy@tennesseetrails.org*

**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:** 4<sup>th</sup> Monday at 7:00 pm CT at the D. W. Wilson Community Ctr., 501 N. Collins St., Tullahoma.

---

**Feb 4 - Foster Falls/Climbers Loop. South Cumberland State Park. 3 mile loop. Moderate.** Steep ascent and descent. Rocky path. Elevation change 300 ft. Trailhead located on US 41 South about halfway between Tracy City, TN and Jasper TN. From the Foster Falls observation deck this beautiful trail descends down to the plunge pool and base of the 60 ft. Foster Falls in a steep walled gorge. It then skirts sandstone cliffs and hemlock lined Little Gizzard Creek. We will then steeply ascend to the top of the bluff to connect with the Fiery Gizzard Trail and return to the trailhead. Along the way we will enjoy additional overlooks of Foster Falls. Our leisurely pace for a Sunday hike will allow plenty of time for photography, negotiating rocks and catching our breath on our steep ascent back out of the gorge! Bring water, snacks or lunch, and hiking sticks. Wear sturdy hiking boots. Contact Joan Hartvigsen to register and for information on meeting time and carpool. *jhartvigs@comcast.net* or 931-962-0811.

**Feb 10 – South Rim Trail. South Cumberland State Park. Savage Gulf Ranger Station, located halfway along Highway 399 between Cagle, TN and Gruetli Lager, TN. 177 TN-399, Palmer, TN. 8 miles round trip. Moderate.** This beautiful trail follows cascading Savage Creek, passes above Savage Falls then skirts the south rim of Savage Gulf, offering many outstanding gulf views. Along the rim the trail passes above the old growth forest in the depths of the gulf. We will descend the wood stairway to visit the base of Savage Falls before continuing on the South Rim Trail. We will visit Curvy Oak Overlook, Step Down Overlook and Champion Overlook. All three overlooks allow a look back on Savage Creek and across the gulf to the north rim. We will then visit Laurel Bluff Overlook, our lunch spot and turn around point. Bring water, snacks, lunch, head lamp and hiking sticks. Wear sturdy hiking boots. Contact Joan Hartvigsen for meeting time and carpool. *jhartvigs@comcast.net* or 931-962-0811.

### Highland Rim Chapter – con't.

**Feb 17 – Virgin Falls State Natural Area, De Rossett, TN. (11 miles east of Sparta). 8.4 miles. Strenuous. 800+ft. elevation change. Joint Hike with the Nashville Chapter.** Marietta Poteet and Doug Burroughs from the Nashville Chapter will lead this wonderful winter hike in Virgin Falls State Natural Area. Virgin Falls is a classic hikers' trail and is one of the most beautiful in the State of Tennessee. We will pass three waterfalls: Laurel Falls, Sheep Cave and Virgin Falls. Virgin Falls is a 110 ft. beautiful falls which flows out of one cave and falls down into another cave. This hike is rated strenuous because of the distance, rocky trail and elevation change. You will need to bring water, snacks, lunch, head lamps, and hiking sticks. Wear sturdy hiking boots. To register for the hike, email Marietta Poteet at *nannietta@blomand.net* or Doug at *wm.doug.burroughs@gmail.com*.

**Feb 26 – Chapter Meeting.** Dinner at 5:00 pm at Applebee's Restaurant, 1957 N. Jackson Street, Tullahoma. Meeting is 7:00 pm. at D. W. Wilson Community Center. Program to be announced.

---

### GUIDELINES FOR SUBMITTING HIKE INFORMATION

When submitting monthly hike listings, please include the following information:

- Date, trail name, location (Park, City, State), mileage, rating (easy, moderate, etc), hike description (what you may expect to see, elevation changes, obstacles that affect the hike rating), what to wear or bring, meeting time and location, and hike leader's contact information.
- Please identify any hikes that are multi-chapter events.
- Please DO NOT format the submissions (avoid bold, italics, underlining or colored text), as this slows the editorial process.

Hike descriptions are strongly encouraged, but not mandatory. A good hike description can encourage members (and prospective members) to try a new hike, but also alerts prospective hikers to outings that may be unsuitable for their level of expertise or fitness.

All submissions should be made by e-mail to *editor@tennesseetrails.org*. This e-mail address is automatically copied to our webmaster. All submissions MUST be received by the 10<sup>th</sup> of the month PRIOR to the hikes (I.e. February hike listings must be submitted by January 10) in order to be included in the newsletter. Late submissions will be updated on the TTA website, but have no guarantee of inclusion in the newsletter.

We will also be glad to print any hike reports, general chapter news and hike or event photographs as space permits.

---

## JACKSON CHAPTER

**CHAPTER CHAIR:** Melinda Pearson 731-225-4293  
*jackson@tennesseetrails.org*

**TREASURER:** Anne Goodson 664-1556  
*jacksontreas@tennesseetrails.org*

**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:** 1<sup>st</sup> Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

---

**Feb 10 – Land Between the Lakes NRA.** We will walk one of the loops that start at Fort Henry, on the west side of LBL. Don Dresser will lead the hike. The length of the walk will be between 7 and 8 miles. Please let Don know if you plan to come. Carpooling is available; we will leave from Panera at 8:00 am. Let Don know if you plan to carpool or wish to meet us at the Fort Henry trailhead.

### Planning Ahead:

**Mar 17 - Natchez Trace SP.** We will walk a northern section of the Red Leaves Trail, near Maple Lake and the historic pecan tree site. Pat Broadbent will lead the hike, so let her know at *Broadbent777@aol.com* if you are coming. Those of us in Jackson will leave from Panera at 9:00 am. If you wish to go directly to the park, please meet us at the park headquarters at 9:45.

**Mar 31 – Virgin Falls.** We plan to hike in the Virgin Falls area on Saturday of Easter weekend. Terry McCoy will be our leader. You can reach her at *terrymccoy832@yahoo.com* or 731 209-0304. Carpooling will be available; we will announce details later.

**Apr 7 – Wildflower Hike.** Glen Rognstad will lead our annual wildflower hike, probably to Sewanee with a stopover at Bluebell Island. The exact location will depend on how the weather develops this spring.

---

## 50<sup>th</sup> Anniversary of TTA

2018 is the 50<sup>th</sup> anniversary of TTA. We plan to celebrate at the annual meeting at Brandon Springs Group Center in Dover October 26 – 28. The Clarksville Chapter will be hosting the meeting.

If you have ideas for the 50<sup>th</sup> anniversary celebration, please share with your chapter chairs, a member of the board of directors or the Clarksville Chapter.

All chapters are encouraged to consider compiling chapter histories (pictures are always welcome) to commemorate the past.

---

## MEMPHIS CHAPTER

**CHAPTER CHAIR:** Charlie Bright 901-829-4434  
*memphis@tennesseetrails.org*

**VICE-CHAIR:** Francis Ruffin 662-781-5034  
*memphisvice@tennesseetrails.org*

---

**Feb 3 – Horse Trail, Meeman-Shelby Forest. 7 miles. Moderately strenuous.** This hiker/horse loop trail travels over a mixture of hills and flat areas around Poplar Tree Lake. We will meet at the parking lot near the stables at 9:15 am. There will be restrooms available next to the parking lot. Hike will leave promptly at 9:30. Bring water and snacks. Hiking boots are recommended. Rain or snow will cancel. For additional information contact Lynne Witherington, 901-230-1501.

**Feb 10 - Lucius Burch Natural Area, north of Walnut Grove.** We will meet at 9:00 am for sign-in and announcements in the unpaved parking area on the south side of Walnut Grove immediately east of the Wolf River. Please note that it is very difficult to reach the parking lot if you are traveling west on Walnut Grove. The hike will depart promptly at 9:15, so don't be late. The hike will be approximately 5.75 miles and take between 2 1/2 and 3 hours. The terrain is relatively flat with a few steep ravine crossings. Bring water and a snack if desired. Hiking boots are recommended especially if we have had recent rain. Rain or snow will cancel hike. For additional information, contact Marion at 256-273-9720 or at *mquinlen@gmail.com*.

**Feb 17 - Ft. Pillow State Park, Henning, TN.** We will hike the Red Trail, an eight mile loop. The trail begins at the Interpretive Center and is rated strenuous by West Tennessee standards. Early in the hike we visit the site of the historic fort, scene of a well-known Civil War battle. We will have lunch overlooking Fort Pillow Lake. After lunch there will be an option to take the shorter Yellow Trail back to the Interpretive Center, shortening the hike by a couple miles. While there are some steep hills on the trails before lunch, the worst of the climbs can be avoided by taking the shorter trail. Good boots suggested. Bring a lunch and plenty of water. Rain or snow will cancel. Contact: Wayne Simpson, 901-385-1988 or *w.simpson1@comcast.net*.

**Feb 24 - Arkabutla State Park, Coldwater, MS.** Join us for an easy 5-mile hike through Coldwater River Bottomlands with woods, swamp and large trees. Trail is level, wear hiking boots as parts could be muddy and bring snacks and water. If the group wants, we could hike the half mile nature trail afterwards. Meet at 9:30 am at the trailhead at the recreation area below the dam. Questions: call Freddi Felt 901-288-5581 or email *fffelt@att.net*. Rain or snow will cancel the hike. Directions: take I- 55 south from Memphis, turn right (West) on I-69, drive to HWY 301, turn left (south) on 301, follow 301 into the park, go through the camping area, turn into the day use area by the spillway to trailhead.

# EVAN MEANS GRANT PROJECTS 2017



**Historic Rugby kiosk** built and installed by volunteers. The kiosk is located just to the left of the Visitor Center on the way to the restrooms from the parking lot. The grant funded 2 kiosks. The wood has been purchased for the 2nd kiosk and the kiosk has been prefabricated, and will be installed by or near March 1, in time for the spring hiking season. The 2nd kiosk will go next to the Rugby Commissary, perpendicular to the wood walkway. A small sign will be attached to both kiosks and will read, "This kiosk has been funded through an Evan Means Grant from the Tennessee Trails Association and built by volunteers of Historic Rugby, Inc."

## **Lake Alice Bridge Project, Pleasant Hill:**

Volunteers involved in building the first bridge were 5 Boys Scouts from Troop 170, 3 Uplands Village residents, 4 members of TTA Plateau Chapter and 1 member of Friends of the Trails. The second bridge is in process of being built. The bridge will be like the first bridge but 12' long instead of 20'. Volunteers involved in this bridge so far are 5 Boys Scouts from Troop 170, 3 Uplands Village residents, 3 members of TTA Plateau Chapter and the building construction class from Crossville Tennessee College of Applied Technology.

## **Friends of T.O. Fuller State Park, Memphis: Trail bridges**

Roman Rushing of Troop 34 successfully completed his Eagle Scout Project on Sunday, November 5th. Roman led the construction of a bridge building initiative enhancing the Discovery Trail at T.O. Fuller State Park.

John Himer of Troop 34 led the Eagle Scout Project for the new bridge to the left of the Site 26 trailhead. The scouts worked on this bridge for 4 Saturdays in a row and put in 6-10 hours of work each day.



---

## MURFREESBORO CHAPTER

**CHAPTER CHAIR:** Tony Jones 615-397-4463  
*murfreesoroboro@tennesseetrails.org*

**TREASURER:** Sara Pollard 615-714-3610  
*murfreesorobrotreas@tennesseetrails.org*

**PROGRAM COORDINATOR:** Valerie Galan 615-516-6441  
*murfreesorobprog@tennesseetrails.org*

**HIKE & MEMBERSHIP COORDINATOR:**  
Jennifer Zahn 615-943-8853  
*murfreesorobhikes@tennesseetrails.org*

**BLOGMASTER**  
Craig McBride 615-394-6121  
*murfreesoroblog@tennesseetrails.org*

**MEETS MONTHLY:** 2<sup>nd</sup> Tuesday at 7:00 pm CT, Barfield-Crescent Park's Wilderness Station, 697 Veterans Parkway, Murfreesboro

**BLOG:** [www.tennesseetrails.org/blog/murfreesboro](http://www.tennesseetrails.org/blog/murfreesboro)

---

**Feb 10 – Murfreesboro Greenway. 4 miles round trip. Easy.** Leaving from the Fort Rosecrans trailhead in the Old Fort Park, we will hike to Cannonsburgh Pioneer Village. There we will enjoy a sack lunch and explore the historic village. Then we will return to the Fort trailhead where those interested can take a short hike on the interpretive loop around the remains of the Fort. Bring water and lunch and wear good walking shoes. Contact Jennifer Zahn at 615-943-8853 or [jenzahn@gmail.com](mailto:jenzahn@gmail.com) for more information.

**Feb 13 – Chapter Meeting.** We will have a great program from Ellen Clark and Lou Laratta from the Columbia/Franklin chapter, concerning their trip to Antarctica. They will present a slide show and some interesting insights into the Southern Hemisphere.

**Feb 24 – Cheeks Bend.** Part of the Duck River State Natural Area Complex. The 1.8 mile balloon trail has scenic overlooks on the Duck River. The trail is relatively flat, so rated easy. There is also a short cave that leads to an overlook bluff. Bring water and snacks and wear good hiking shoes. After the hike we can go to a local restaurant for lunch. Contact Jennifer Zahn at 615-943-8853 or [jenzahn@gmail.com](mailto:jenzahn@gmail.com) for more information.

---

## GO GREEN

### Electronic Newsletter Available

This is reminder that you can now receive your monthly newsletter via email. If interested please contact Cheryl Heckler at [membership@tennesseetrails.org](mailto:membership@tennesseetrails.org) and please include your email address.

---

## 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:** 4<sup>th</sup> Tuesday at 7:00 pm CT in the REI Community Room, 261 Franklin Road, Brentwood. For directions, visit: [www.tennesseetrails.org/nashville.php](http://www.tennesseetrails.org/nashville.php)

**BLOG:** [www.tennesseetrails.org/blog/nashville](http://www.tennesseetrails.org/blog/nashville)

---

**Feb 17 - Virgin Falls, DeRossett, TN. Joint hike with Highland Rim Chapter.** Virgin Falls is a classic hikers' trail which has an 800+' elevation change and is considered strenuous. The hike is one of the most beautiful in the state. We will pass 3 waterfalls, Laurel Falls, Sheep Cave, and Virgin Falls - a 110' beautiful falls which flows out of one cave and falls down into another cave. It is considered strenuous due to the 8.4 mile distance, rocky trail, and the elevation change. Virgin Falls is a pocket wilderness. You will need to bring water, snacks, and lunch. The hike will be led by Marietta Poteet from the Highland Rim Chapter and Doug Burroughs from the Nashville Chapter. To register for the hike, email Marietta at [nannietta@blomand.net](mailto:nannietta@blomand.net) or Doug at [wm.doug.burroughs@gmail.com](mailto:wm.doug.burroughs@gmail.com).

**Feb 24 - Panther Branch and Spicewood Trails, Frozen Head State Park, Wartburg, TN. 9 miles. Strenuous.** This hike to Frozen Head Mountain, is one of the highest peaks in the Cumberland, and features nice views. We will ascend the mountain on the Panther Branch Trail and descend using the Spicewood Trail. The hike is rated strenuous because of the elevation change of almost 2000 feet. Bring snacks, lunch, and water. We would meet at the FedEx office at 540 Donelson Pike at 6 am. Contact Karl Dupre at 615-207-2250 or [karld@comcast.net](mailto:karld@comcast.net) for information or to join the hike.

**Feb 27 - Chapter Meeting.** Joan Bentley will be sharing pictures and stories from her trip to India in the winter of 2017. She traveled as a participant with Friendship Force International. She spent time in several cities that included Nashik, Mumbai, Mysore, Delhi, Jaipur and Agra. Her presentation will share both the richness and poverty of this exotic country. Bring an friend!

**Thank you** to the following volunteers who came to wrap presents at REI in December: Betty Magee, Karl Dupre, Nora Beck, June Callahan, Jackie York, Jim and Jenice Johnson, Wendy Fish, Gloria Dale Williams, and Barbara Bennett. We made \$535 in donations from wrapping presents and another \$60 in donations from the Cumberland book. And as always a special thanks to REI for allowing us to wrap and raise money for the Cumberland Trail!

TTA 2018 1<sup>st</sup> Quarter Board Meeting  
Saturday, February 3  
1:00 PM  
Bob Brown Field Station building  
Percy Warner Park  
7199 TN-100, Nashville, TN 37221

## DON'T Leave Home Without It

What good will a green plastic credit card do you 20 miles from the nearest paved road? What do you really need when out away from civilization?

Experienced outdoor enthusiasts know what items are most important to bring - even for short walks or hikes out of base camp. The "10 Essentials" are items that cannot be improvised from materials lying on the forest floor. To be found without these few items, even only a few miles from car, camp or cabin, can spell disaster. The "Ten Essentials" are the end-product of years of hard-won experience. They are intended to help outdoor enthusiasts avoid getting into trouble in the first place, and, if that doesn't work, to minimize the damage.

The standard list of 10 essentials varies slightly depending on which source you go to. For example, the Boy Scouts, Sierra Club, and The Seattle Mountaineers', each have their own lists, yet they all incorporate the same basic items.

The following list is not to be considered cast in concrete - each outdoor enthusiast should customize his or her own kit for the barest minimum of supplies. Note that the first three items are for finding your way, the second three are for your protection, and the last four are for emergencies.

- Map
- Compass
- Flashlight, extra batteries and bulb
- Hat, sunglasses, bug repellent, gloves
- WATER!!! And a way to purify water. Extra food.
- Clothing: raingear, socks, sweater, space™ blanket
- Matches / lighter, candle / fire starter
- Mirror, whistle
- Pocket knife
- 1st aid kit: moleskin, antibiotic ointment, medications.

And remember to –

- Always tell someone else your hiking plans
- Use your common sense

By avoiding unnecessary problems and dangers you will save on your own personal wear and tear, and probably get back home in one piece. However, if something does come up, at least you know you've got those 10 important items stowed away in your pack.

### Welcome and Introductions

#### Secretary's Report –

- Approval of the Minutes of November 2017 General meeting
- Approval of the Minutes of November 2017 Board meeting
- Approval of the Minutes of the November 2017 Organizational meeting as per the new bylaws.

#### Treasurer's Report

- Results for 4th quarter 2017
- Approve Budget for 2018

#### Membership Report

#### New Business

- Evan Means Grants
- 2017 Annual Meeting Update
  - Board Vote: Fund Raising Use of 2018 Annual Meeting proceeds
- Standing Committee Appointments: (requesting board approval)
  - Board Vote: Nominating Committee
  - Awards Committee Nominating committee – 3 positions open for members
  - Communications committee – 1 position open for a member
  - Approve members: Finance Committee
- Special committee Appointments: (requesting board approval)
  - Website Committee
  - Evan Means Grant Committee
- TTA 50<sup>th</sup> Anniversary Celebration (2018)

#### Old Business

- Website Update



---

## PLATEAU CHAPTER (Crossville)

**CHAPTER CHAIR:** Bruce Whitehead 941-716-3620  
*plateau@tennesseetrails.org*  
**TREASURER:** Gena Whitehead 941-716-3620  
*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 or to register for any of our hikes, contact the hike coordinator, Deb Westervelt, via email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243. For a list of monthly hikes, visit the Plateau Chapter. **Check the blog one hour prior to hike time for cancellation or for any other updates/changes to our schedule before hiking.**

**Feb 7 – South Cumberland SP-Grundy Lakes and Carter Cave SNA-Buggy Top.** The Grundy Lakes Loop Trail is 2.4 easy-moderate miles. Then we will drive a short distance to Buggy Top Cave Trail, a moderate to difficult 6 mile hike. The cave has an impressive mouth carved into a 50 foot cliff. Depart 8 am CT from Trinity Tabernacle Church on Hwy 127 South. Carpool cost is \$9. Pack water, snacks and lunch.

**Feb 8 – Chapter Meeting.** 6 pm CT at First United Methodist Church Annex, 69 Neecham Street, Crossville. Program TBD. Join us for dinner beforehand at 5 pm CT at Beef and Barrel, 1112 West Ave. Contact Chapter Chair, Bruce Whitehead, 941-716-3620 or email *plateau@tennesseetrails.org* if you intend to join us for dinner.

**Feb 10 – Smoky Mountains-Little River Trail & Cucumber Gap Trail.** Option 1: Easy to moderate 12 mile total hike on Cucumber Gap Trail then the length of the Little River Trail and back. Option 2: Hike a loop total of 5 easy to moderate miles on the Cucumber Gap Trail & Little River Trail. Depart 7 am CT from Outlet Mall, Interstate Drive, west parking lot. Carpool cost is \$9. Pack water, snacks and lunch.

**Feb 14 – Fall Creek Falls-Prater Place Trail & Wheeler Farm Loop.** Prater Place trail is 6 moderate miles, total in and out, to Hemlock Falls. The farm loop is only 1.5 moderate miles with 400 ft elevation loss/gain to Medley Arch, a unique 90' high arch/natural bridge, 120 foot tiered Wheeler Falls, and the remains of a bottomland farm. Depart 8am CT Trinity Tabernacle Church on Hwy 127 South. Carpool cost is \$6. Pack water, snacks and lunch.

**Feb 21 – Pickett SP-John Muir & Hidden Passage Trails.** This will be a moderate 7.05 mile requiring a short car shuttle. Depart from back parking lot of Cracker Barrel, junction of Hwy 127 N & I-40, at 8 am CT. Carpool cost is \$5. Pack water, snacks and lunch.

**Feb 28 – Cherokee National Forest - Bald River Gorge Trail.** **OPTION 1:** This is a moderate 6 mile one-way hike from the Holly Flats Campsite on Forest Road 126 to Bald River Falls. Plan for a long car shuttle. **OPTION 2:** For a shorter in-and-out hike to the falls drop off one-way hikers at Holly Flats then driver to Bald River Falls Trailhead. Depart VF Outlet Mall at 8 am CT. Carpool cost is \$10. Pack water, snacks and lunch.

---

## SODDY-DAISY CHAPTER

**CHAPTER CHAIR:** Jean Smith 423- 596-7681  
*soddydaisy@tennesseetrails.org*  
**TREASURER:** Robertson (Bob) McGavock 423-667-2960  
*soddydaisytreas@tennesseetrails.org*  
**HIKE COORDINATOR:** George Bonneau 423-842-3619  
*soddydaisyhikes@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 - Lower Leggett trailhead to connector loop, the overlook and continue to finish the loop at the trailhead. Approximately 6 miles. Moderate.** Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: John Politte 423-304-8327.

**Feb 6 - Lower Battlefield/Chickamauga Creek Trail. Approximately 4 miles. Easy.** Pass by the Hunt Cemetery. Meet at Chickamauga Battlefield lower parking lot at 9 am. For the ones that want to meet and ride down, meet at Food City parking lot in Red Bank at 8:15 am. Hike leader: Gloria Nelson 423-645-9008.

**Feb 10 - Prentice Cooper (go over to Indian rock house on toward Hwy 27 and back). Approximately 6 miles. Slightly strenuous.** Meet at Food City in Red Bank at 9 am. Hike leader: John Politte 423-304-8327.

**Feb 13 - Sterchi Farms. Approximately 5 miles. Easy.** Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: Donna Pyers 423-344-9271.

**Feb 17 - Signal Point to Signal Mountain High School. Approximately 5 miles. Slightly strenuous.** Will stage vehicles. Meet at Food City in Red Bank at 9 am. Hike leader: Kathy Daniels 931-265-1661.

**Feb 20 - Lower West Side of Lookout Mountain and Nature Center.** Park at the parking lot across from the Kiddie Trail on Garden Rd. shortly before you get to the Nature Center. We will start on the Kiddie Trail which is very steep but is short and will last only about 10 minutes till we reach the Skyuka Trail. From here we go right till we meet the intersection with the Light's Mill Trail which goes down into the Nature Center to the gazebo and we will return through the Nature Center property. Except for the beginning this trail is either flat or a gradual downhill. Rated moderate because of the first section. About 4 miles. Meet at Food City in Red Bank at 9:00 am or at the parking lot for the Kiddie Trail at 9:30. Hike leader: Trish Appleton 423-240-3443.

**Feb 24 - Sluder Road to the Rock Climbers parking lot via Deep Creek. Approximately 7 miles. Strenuous.** Meet at the Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: John Politte 423-304-8327.

**Feb 27 - Little Cedar Mountain. Approximately 5 miles. Moderate.** Meet at Food City parking lot in Red Bank at 9 .m. Hike leader: Gail Stokes 423-756-8219.

---

---

## SUMNER TRAILS CHAPTER

CHAPTER CHAIR: Lynn Takacs 615-479-7702  
*sumner@tennesseetrails.org*

---

Hike information unavailable at press time.

---

### Board Positions for 2018

We currently have four open positions for 2018: Vice President, West Tennessee Regional Director, and two members to serve on the board.

If 2018 is your year to serve, please contact one of the officers or regional directors to submit your name for further consideration by the entire board of directors.

**Committee openings include:**

Nominating committee – 3 positions open for members.

Awards committee – Vice President, West Tennessee Regional Representative and several other members.

Communications committee – 1 position open for a member.

**Special committees:**

Website Committee – we need several members to get the website committee extremely active. The goal is to have a new website in 2018.

Evan Means Grant Committee (To be appointed)

---

---

## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CO-CHAIRS: Jennifer Carroll 661-369-6619  
*uppercumberland@tennesseetrails.org*

HIKE COORDINATORS: Cathy Moran 931-544-2764  
*uppercumberlandhikes@tennesseetrails.org*

---

**Feb 10 - Spring, Cascade, and Sink, Savage Gulf State Natural Area, Beersheba Springs, TN. 8 miles. Strenuous.** This hike uses old roads and a short section of the Connector Trail. We will descend into the gulf using Grassy Ridge Road. We will cross the gulf and ascend part way up the mountainside on the north side of Savage Creek. We will eat lunch by a large spring where the water cascades down the mountainside and disappears into a sink. Along our route we will see cemeteries, house sites, and the site of the Savage Gulf School. We will complete our hike by ascending the mountain on Grassy Ridge Road. 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 in the Penney's parking lot in Cookeville at 7:00, at the US Bank across from McDonald's in Sparta about 7:20, or at the Stone Door Ranger Station at 8:30. For information and to register contact Richard Savage at 931-526-2035 or *savage\_richard@hotmail.com*.

**Feb 17 - Collins Gulf Loop, Savage Gulf State Natural Area, Palmer, TN. 12 miles. Strenuous.** Highlights of this hike include Horsepound and Suter Falls, numerous overlooks, and the historic Stagecoach Road built in the 1830s. We will descend into the gulf along the Collins Gulf Trail to Suter and Horsepound Falls. (Those wanting a shorter hike can return to the beginning from Horsepound Falls for a total hiking distance of 5 miles which is rated moderate). We will continue by ascending from the gulf on the Stagecoach Road and then follow the Collins Gulf loop to the beginning. Bring hiking boots, headlamp, snacks, water, 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. You can also meet us at the trailhead at 8:30 am CT. For information and to register contact Gary Kimbrell at 931-215-9520 or *Gary.Kimbrell@fbttn.com*.

**Feb 24 - Panther Branch and Spicewood Trails, Frozen Head State Park, Wartburg, TN. 9 miles. Strenuous due to elevation change of almost 2000 feet.** This hike to Frozen Head Mountain, is one of the highest peaks in the Cumberlands, and features nice views. We will ascend the mountain on the Panther Branch Trail and descend using the Spicewood Trail. Bring snacks, lunch, and water. 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*.

## OFFICERS:

### President

Carolyn Miller 931-839-3213  
*president@tennesseetrails.org*

### Vice-President

Vacancy  
*vicepresident@tennesseetrails.org*

### Treasurer

Kathy Woods 615-473-6824  
*treasurer@tennesseetrails.org*

### Secretary

Jackie York 615-294-8241  
*secretary@tennesseetrails.org*

### At-large Directors (terms expiring listed after name)

Carolyn Miller (2018) 931-839-3213  
*president@tennesseetrails.org*

Jackie York (2018) 615-294-8241  
*secretary@tennesseetrails.org*

Kathy Woods (2018) 615-473-6824  
*treasurer@tennesseetrails.org*

Jim Poteet (2019) 931-924-7666  
*board@tennesseetrails.org*

Vacancy (2019)  
*board@tennesseetrails.org*

Vacancy (2019)  
*board@tennesseetrails.org*

Cheryl Heckler (2020) 931-200-7436  
*membership@tennesseetrails.org*

Linda Latter (2020) 615-419-4845  
*board@tennesseetrails.org*

Vacancy (2020)  
*board@tennesseetrails.org*

### Regional Directors

#### West TN

Vacancy (2020)  
*westregional@tennesseetrails.org*

#### Middle TN

Joan Hartvigsen (2019) 931-962-0811  
*midleregional@tennesseetrails.org*

#### East TN

Garnett Rush (2018) 865-268-5181  
*eastregional@tennesseetrails.org*

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

#### Newsletter Editor

LouAnn Partington 931-393-4835  
*editor@tennesseetrails.org*

## 2018 TTA Board of Directors Meetings

Saturday, Feb 3: 1 PM

Bob Brown Field  
Station building at  
Percy Warner Park,  
Nashville 7199 TN-  
100, Nashville, TN  
37221

Saturday, May 5: 1 PM

Bob Brown Field  
Station building at  
Percy Warner Park,  
Nashville 7199 TN-  
100, Nashville, TN  
37221

Saturday, Aug 4: 1 PM

Location to be  
announced.

Sunday, Oct 28: 9 AM

Brandon Springs  
Group Center, Dover.

### Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on the 10<sup>th</sup> of each month for the following month's newsletter.

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*

Please note: Newsletter submissions to the "editor" address are automatically copied to the webmaster for inclusion on the TTA website.

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**

Feb 18

**RENEWING MY MEMBERSHIP**

Memberships are for one year, unless you have a Lifetime Membership.  
Gift Memberships are also available. Contact our Membership Director,  
Cheryl Heckler 931-200-7436 [membership@tennesseetrails.org](mailto:membership@tennesseetrails.org)

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

**PLEASE, PRINT CLEARLY.**

\_\_\_ Individual \$25.00

\_\_\_ Family \$35.00

\_\_\_ Student (FULL TIME) \$15.00

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

\_\_\_ Life Member (Individual) \$500.00

\_\_\_ Life Member (Family) \$750.00

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Zip \_\_\_\_\_ -- \_\_\_\_\_

Cell 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.

\*\* \_\_\_\_\_ \*\*

Please list me with the following chapter:

- |   |  |
|---|--|
| ___ Clarksville                         | ___ Murfreesboro                         |
| ___ Columbia/Franklin                   | ___ Nashville                            |
| ___ East TN (Oak Ridge/Knoxville)       | ___ Plateau (Crossville)                 |
| ___ Highland Rim (Manchester/Tullahoma) | ___ Soddy Daisy                          |
| ___ Jackson                             | ___ Sumner Trails (Sumner County)        |
| ___ Memphis                             | ___ 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 partner organization (CTC) and associate organization (TRAC). (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.**