

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



President's Corner

Happy February 2019. I hope everyone had a wonderful Christmas, Happy New Year and joyous January. Now it is time to catch your breath from the holidays and focus on your future. Time for a fresh start. Time for a new you. Time to write your next chapter. Time to hike that trail or float that river you've dreamed about. Time to resolve to better the planet, as well as yourself. Expect something more. To quote Theodore Roosevelt, "Believe you can and you're halfway there."

The first TTA Board of Directors meeting for 2019 is on February 2 with NEW time and NEW location. The meeting starts at 11:00 am and will be held at Hermitage Branch Library, 3700 James Kay Lane, Hermitage, TN. It is open to the membership. I am working on an agenda for the meeting and if you have business to be brought before the Board please send your requests to president@tennesseetrails.org. We will discuss Evans Means Grants if there are submissions, as well as discussing the 2018 Annual Meeting and voting on dispersal of funds raised.

I am new to this position and realize I have a steep learning curve. I am super excited as this process begins but I do need everyone's help. I promise to work hard to continue and strengthen our TTA legacy. Until next month, keep moving and enjoy every aspect of Tennessee.

Mary Etta Ward
President

Wilderness First Aid Course Outdoor Recreation Center Vanderbilt February 2-3, 2019

The Wilderness First Aid course provides relevant and realistic first-aid training for outdoor activities. The course is 8 hours each day and is filled with helpful material and experiential learning that can help you become a more knowledgeable outdoor recreationalist. The course is \$275 which includes the course provided by Wilderness Medical Associates, course material and lunch both days. Space is limited, so register early.

If you would like more information about the company providing the course you can find it here: <http://www.wildmed.com/wilderness-medical-courses/first-aid/wilderness-first-aid/course-6542/>.

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.



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
Website: www.cumberlandtrail.org

Congratulations CTC Trail Crew!!! The first Soak Creek segment of The Cumberland Trail has been built: 4.3 miles of new trail was built in 8 months and one week. The crew has moved north and is currently working in the Hebbertsburg area.

There is still more trail to build in order to complete the Cumberland Trail. If you want to join the trail crew and build this section of the trail, please contact the CTC office to register and receive information about where to meet the CTC trail crew. We have a new e-mail address for volunteer questions and registration for programs: VolunteeratCTC@gmail.com.

Save the Dates: March 3 – 30 and April 1 – 6
 Spring Alternative Spring Break (ASB) or better known as Breakaway. Come join the crew and college students as we add miles to the Cumberland Trail. Lodging provided at Camp Ozone near Crossville, TN.

To register for Breakaway and help us plan for food and lodging, please contact the CTC office. We welcome volunteers for a day, a week, or for multiple days over the 5 weeks of Breakaway.

Location: Black Mountain Section of the Cumberland Trail near Ozone, TN.

Trail Building Assistant (Crew) – seeking applicants for open positions. Apply now!!

Part-time: Part time, flexible; average 2 to 4 days per week, including some weekends. Work days vary with weather, season and scheduled construction projects.

Current Location: Crossville area.

Qualifications: Community members who love to build trail. Previous trail building preferred but not necessary. We will train you. If interested, contact the CTC office.

Other volunteer opportunities may be available. If you have a skill and want to help CTC to build the Cumberland Trail, also contact us. We always need help with program support and hosting trail builders, so we may have a position for you.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Philip Anderson 931-561-0925
clarksville@tennesseetrails.org

VICE-CHAIR and CHAPTER REPRESENTATIVE:
 Paul Schwab 931-801-9484
clarksville@tennesseetrails.org

TREASURER:
 Mary Schwab 931-645-9068
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SECRETARY:
 Mary Ann Harris 931-647-9321
clarksvilleasec@tennesseetrails.org

OUTINGS COORDINATOR: Paul Schwab 931-801-9484
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.

Feb 2 - Hopkinsville Greenway. 4.5 miles out and back. Easy. Ryan Dowdy 615-925-1796. Meet 8:00 am CT at Kroger parking area, Dover Crossing Road, Clarksville. 24 miles to trailhead.

Feb 9 - Fort Donelson National Battlefield, hike around the battlefield. Also hike out and back to the Fort Donelson National Cemetery. 5.5 total 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 16 - Lake Barkley SP Cedar Grove Trail. 4 miles out and back. Moderate. Paul Schwab 931-801-9484. Meet 8:00 am CT at Kroger parking area, Dover Crossing Road, Clarksville. 46 miles to trailhead.

Feb 19 - Monthly Chapter Meeting.

Feb 23 - Indian Town Bluff, near Ashland City, TN. 4 miles out and back. Moderate. Suva Bastin 931-216-0325. Meet 8:30 am CT, former Madison Street Kmart parking area, Clarksville, TN. 28 miles to 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 CO-CHAIR: Jane Coffey 66615-516-6551
columbia@tennesseetrails.org

CHAPTER CO-CHAIR AND BOARD REPRESENTATIVE:
Marvin Caine 931-486-1632
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 9 – Buggy Top Trail, Sewanee, TN. Buggy Top Trail to Lost Cove Cave is a 3.7 mile lightly trafficked out and back trail located near Sewanee, Tennessee that features a waterfall and is rated as moderate. The trail offers a number of activity options and is best used from March until November. Dogs are also able to use this trail but must be kept on leash. Please note this trail is located in the Carter State Natural Area at South Cumberland State Park. There will be no cave exploring on this date. We will meet at 8 am at Tollgate Medical Plaza. Ray Edge will be leading the hike. For those not in the chapter, we can meet them at 9 am at the trail head. Contact Ray Edge if you are interested in attending this hike. His email is *edgewoodray0514@gmail.com* or phone at 931-286-5020.

Feb 24 - Warner Access Park, Nashville, TN. A 448-acre expansion of Nashville's Warner Parks system — the payoff of millions in private dollars raised over several years to add more land — is now under way in the first of a series of changes that will give new access to park goers. Metro recently kicked off work on a new entranceway at the intersection of Highway 100 and Old Hickory Boulevard, where the latter currently dead ends. Combined with a new parking lot, it will serve as the front door for 225 acres of wooded hills known as the Burch Reserve. The project will effectively open Edwin Warner Park to the north side of Highway 100 thanks to a new pedestrian tunnel that will go underneath a CSX railroad line that runs parallel to the highway. With new traffic signals, pedestrians will be able to walk from the existing Warner Park Nature Center across Highway 100 to the Burch Reserve entrance. We will meet at McDonald's (4908 Main Street, Spring Hill - Williamson County) at 12:30 pm. For those who would rather go separately, we will meet at the Nature Center in Edwin Warner Park at 1:30 pm. Marvin Caine: *mlcaine@yahoo.com* or 931-626-2754.

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 16 - East Lakeshore, Jackson Bend Branch Trail. 6 miles. Easy. This hike will start at Lotterdale Campground entrance road where there is parking space. We will hike about 5 miles along Tellico Lake to an intersection with the East Coast Tellico Parkway. From there we will hike about 1 mile along the Parkway back to our vehicles. This trail is basically flat, gaining about 200 feet, and has a variety of landscapes and scenic views. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other appropriate clothing, a snack, a drink and a camera. We will meet at Central Baptist Church of Bearden parking lot for carpooling and leave at 8:30 am ET stopping at Wal-Mart parking lot in Lenoir City 911 TN 321 N nearest Murphy Gas Station, leaving there at 9:15 am ET. We should arrive at the trailhead by 9:45 am ET. Bring dollars for carpooling. After the hike plan on stopping on the way back for a meal and refreshments. For specific information about this hike, please call Tom before February 15 at 865-974-4422 or leave message at 865-588-5622 or send email to *cressler@utk.edu*.

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.

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.

The TTA website (*www.tennesseetrails.org*) has a grant application. Alternatively, you may e-mail *grants@tennesseetrails.org* for more information or to request an application.

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 2019 grant cycle. The first grants for 2019 will be awarded by board action at the February 2 Board meeting.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Tom Bentley 931-455-5849

highlandrim@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: 4th Monday at 7:00 pm CT at the D. W.

Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Feb 9 – Foster Falls Hike, South Cumberland State Park. 6 miles. Moderate. 498 Foster Falls Road, Sequatchie, TN. Trailhead is located off U.S. Hwy 41 about halfway between Tracy City and Jasper, TN. Steep and rocky in some sections. From the Foster Falls observation deck, we will descend to the plunge pool and base of 60 ft. Foster Falls in a steep walled gorge. Our hike then skirts sandstone cliffs and hemlock lined Little Gizzard Creek. We will steeply ascend to the top of the bluff and reach Fiery Gizzard Trail. We will continue on Fiery Gizzard Trail to Laurel Gorge. We will enjoy our lunch on Laurel Gorge Bridge. We will then return on the Fiery Gizzard Trail, enjoying many sweeping panoramic views of the Gorge and Foster Falls. Bring water, snacks, lunch, head lamp, hiking sticks. Wear sturdy hiking boots. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811.

Feb 17 – Little Cedar Mountain Trail, Nickajack Lake/Tennessee River. Jasper, TN. 4 miles. Easy, except for a few steep sections. This trail is located within TVA's Small Wild Area. We will enjoy scenic overlooks of Nickajack Lake and the Tennessee River Gorge. From the spectacular panoramic views atop of Gray's Bluff we will see across the lake toward Sand Mountain. The trail leads through pine and hardwood forest past impressive geologic formations. We will visit a forested wetland pond on top of Little Cedar Mountain. This TVA Small Wild Area is home to the rare John Beck's Leafcup. Meet at 9:00 am CT at Monteagle Elementary School to organize a carpool or 9:30 am CT at the trailhead. The trailhead is located off Interstate 24 Exit 158 on TVA Road. Bring water, snack, lunch and hiking sticks and sturdy hiking boots. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811.

Highland Rim Chapter – con't.

Feb 23 - Virgin Falls State Natural Area, De Rossett, TN. 11 miles east of Sparta. 8.4 miles. Strenuous. 900 ft. elevation change. Joint hike with the Murfreesboro Chapter. Marietta Poteet and Tony Jones from the Murfreesboro Chapter will lead this wonderful winter hike. We will pass three beautiful waterfalls: Big Laurel Falls, Sheep Cave Falls and Virgin Falls. Virgin Falls is a 110 foot awesome 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. Please bring water, snacks, lunch, head lamp and hiking sticks. Wear sturdy hiking boots. Register with Marietta Poteet by email, *nannietta@blomand.net* or call 931-924-7666. Trailhead address: 2080 Scotts Gulf Road, Sparta, TN.

Feb 25 – Chapter Meeting. Dinner at 5:00 pm, Ruby Tuesday, 1936 N. Jackson Street, Tullahoma. Meeting is 7:00 p.m. at D. W. Wilson Community Center. For our program join Libby Francis and friends from the Nashville Chapter on a journey to Anchorage, Alaska, Denali National Park and the Kenai Peninsula of Alaska. NOT a cruise, but a two week journey by bush plane, rental car, Catamaran tour boat, school bus and train to see amazing mountains, glaciers, animals, migrating birds, quaint Russian Churches, scenic fishing villages, homesteads and Native American culture.

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.

JACKSON CHAPTER

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

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

SECRETARY: Terry McCoy 731-535-0625
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 2 – Fort Pillow, west of Brownsville. Hike Leader: Sarah Rognstad.

Feb 16 – Virgin Falls Trail, east of Sparta. Hike Leader: Terry (McCoy) Warren.

Planning Ahead:

Mar 9 – Sipsy Forrest. Hike Leader: Glen Rognstad.

Mar 23 – Big Hill Pond. Hike Leader: Howard Ropp.

Apr 6 - Collins Gulf

Apr 27 -- Cane Creek Canyon

MEMPHIS CHAPTER

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

VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Feb 2 - Tour de Wolf Trail, Shelby Farms. 6-miles. Easy. Meet at 9:15 in the parking lot across from the Woodland Discovery Playground just north of the Visitor's Center. Hike will begin at 9:30 and will end at 12:00 or 12:30. Bring water and snacks. Rain, snow or sleet will cancel the hike. For information contact Gloria Folk at 901-277-5756.

Feb 9 - 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 901-482-8640.

Memphis Chapter – con't.

Feb 16 - Fort Pillow State Park, Henning, TN. A fairly strenuous seven-mile hike on the Red Trail, with an option to shorten the hike to six miles by taking the Yellow Trail after lunch. We've eliminated much of the road walk we've done in the past. Directions: Go out Highway 51 past Covington and take a left at the stop light for Highway 87 just past Henning. Continue on Highway 87 for about 17 miles. Turn right on Highway 207. After a couple of miles, 207 will lead you directly into the park. Follow the park road to the Interpretive Center. We will meet at the Interpretive Center and will begin the hike at 9:30 am. Early in the hike we visit the site of the historic fort, scene of a well-known Civil War battle. If you'd like to do a little homework before the hike, you can read a short summary of the battle at <http://civilwarhome.com/ftpillow.htm>. At approximately 4.5 miles, 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 about a mile. While there are some steep hills on the trails before lunch, the worst of the climbs can be avoided by taking the shorter trail. For more information, contact Wayne Simpson at 901-385-1988 or *w.simpson1@comcast.net*. In the event of bad weather, call or email to get information regarding a possible cancellation.

Feb 23 - Herb Parsons Lake State Park, Fisherville. Here's an easy 6-mile hike around the lake and through the woods. Meet at 9:30 am at the lake and bring snacks and water. Rain will cancel. For questions contact Linda Red, 901-489-9157.

Planning Ahead:

Apr 12-14 - Our spring weekend trip. We will be traveling to Jasper, Arkansas and hiking trails along the Buffalo National River. A final determination of the trails hasn't been made, but you can expect something like this: Friday afternoon – 4-5 miles. Saturday – There will be a long hike of 8-9 miles with a shorter option for those who choose it. Sunday morning – 4 miles. There are a variety of accommodations in Jasper, most of them rather small. There are inns, motels, cabins and camping. If you are thinking of going, it would be a good idea to start thinking about where you want to stay and making reservations. This is not a complete list of places, but it will give you an idea of what is available. The first three are in Jasper, the others are a bit out of town. Arkansas House: <http://www.thearkhouse.com/> Gordon Motel: <https://www.gordonmotel.com/> Riverview Motel: <http://www.riverviewmotelandcanoe.com/>. Cliff House Inn and Cabins: <http://www.ozarkcabins.com/ozarkmountaincabins/>. Little Switzerland Cabins: <https://www.cabinsintheozarks.com/>. Dogwood Springs Cabins and Campground: <http://jasperdogwoodcabinsandrv.com/>. If you have questions or need more information, contact Wayne Simpson at *w.simpson1@comcast.net*.

MURFREESBORO CHAPTER

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

TREASURER/BOARD REP: Sara Pollard 615-714-3610
murfreesborotreas@tennesseetrails.org

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

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

BLOGMASTER
Craig McBride 615-394-6121
murfreesboroblog@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 12 – Chapter Meeting. Speaker will be Sara Bell. She has more than 30 years of experience with missionary trips to the Pine Ridge Indian Reservation in South Dakota. She will share with us her experiences as a missionary and life on the Reservation.

Feb 16 – Stone Door to Greeter Falls. 7 miles. Moderate due to some rough terrain and unstable rocks. We will arrange a shuttle from Stone Door parking area to the Greeter Falls parking area. We will visit Laurel Falls just behind the Stone Door ranger station and then walk the one mile to the Great Stone Door where we will enjoy the gorgeous views of the gorge and the photo opportunities the door provides. Those that want to walk down through the door and then back up are welcome to do so. From the Door we will hike just short of 4 miles to Alum Gap campsite where there is a rudimentary outhouse for those that need it. We will enjoy our sack lunches here. We will then head to Greeter Falls just under 2 miles away to view the beautiful falls both upper and lower. We will need to traverse a winding iron staircase to get to the lower falls so safety is a must. We will then head the short distance out to the parking lot. There could be a possibility of ice. Ice makes the trail more beautiful but also increases the danger on already unstable terrain, please be aware and prepared. Come with a sack lunch, hiking poles, sturdy boots and your camera. ***Carpool times and trailhead meeting times will be given upon registration. For more information, or to register, contact Tony Jones at tonjon1968@gmail.com or 615-397-4463.

Feb 26 - Virgin Falls. DeRossett, TN. 11 miles east of Sparta. 8 miles. Strenuous. 900 foot elevation change. **Joint hike with the Highland Rim chapter.** Tony Jones (Murfreesboro) and Marietta Poteet (Highland Rim) will lead this wonderful winter hike. See hike description under Highland Rim Chapter. ***Carpool times and trail head meeting times will be given upon registration. For more information, or to register, contact Tony Jones at tonjon1968@gmail.com or 615-397-4463.

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

Feb 9 - Warner Parks, Nashville TN. 2 miles. Easy. BEGINNER HIKE. Meet at Warner Park Nature Center at 1:00 pm. This is a beginner hike, great for people new to hiking. We will hike a 2 mile loop from the Nature Center on the trail and on the greenway. Good for people of all ages so bring the kids! Everyone should wear hiking boots, and bring water and a snack. Linda Latter, hike leader: 615-419-4845 or lindaalatter@yahoo.com.

Feb 17 - Nashville Urban Sunday afternoon hike! 5 miles. Easy. We will meet at 1:00 pm near the main entrance to Marathon Village, more specifically, next to the American Pickers shop near 1200 Clinton Street. Random parking can be found as well as some paid parking lots. <https://www.marathonvillage.net/>. Our hike will begin heading east along Lifeway Plaza, where a close-up look at this new development awaits, and then up capitol hill to walk the perimeter of our beautiful state capitol. We'll take 8th Avenue down to Broadway and walk to 4th Avenue, then heading north up to Charlotte and to 5th, continuing north across James Robertson Parkway toward the ballpark and beyond, and then across Jefferson Street into Germantown. We continue 4 or 5 blocks north, then left onto Hume Street at the old Werthan factory and around it to Taylor Street and then south on 6th Avenue towards Bicentennial Mall, and alongside it. At Harrison Street we turn west to make our way back to the starting point. Distance is estimated at 5 miles and 3 hours. Hike leader: Tom Vickstrom, tomzinger55@gmail.com 615-405-6713.

Feb 23 - Shelby Bottom Greenway. 4-6 miles. Easy. We will meet at the trailhead at Wave Country on Two Rivers Pkwy and cross the amazing pedestrian bridge over the Cumberland River. Then we will mostly hike the Primitive Trails that adjoin the Greenway including the Cornelia Fort Trail. The distance we walk will depend on the wishes of the group. Tennis shoes will be fine for this hike. Bring water and snacks. You are invited to join Libby for soup and sandwiches at Libby's house afterward. Please register for meeting time at libbyslibbys@comcast.net or call 615-319-7501. Bad weather will cancel this hike.

Feb 26 - Monthly Meeting. Raymond Myers hiked the 220 mile John Muir Trail this past August. The JMT starts in Yosemite National Park and traverses some of the most beautiful mountain areas in America, finishing atop Mt. Whitney. He will offer a presentation with slides on his adventure! Contact Doug Burroughs for more information. 615-587-0085. Leave a message.

PLATEAU CHAPTER (Crossville)

CHAPTER CO-CHAIRS: Bruce Whitehead 941-716-3620
Bob Oboboski 931-456-4282
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 (unless otherwise noted), 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 blog. **Check the blog one hour prior to hike time for cancellation or for any other updates/changes to our schedule before hiking.**

Feb 2 – Cherokee NF-Bald River Gorge Trail. Long hike: This is an easy 6 mile one-way hike from the Holly Flats Campsite on Forest Road 126 to Bald River Falls Trailhead. Plan for a long car shuttle. **Short hike:** In-and-out 4 mile easy hike. Depart VF Outlet Mall at 8 am CT. Carpool cost is \$10. Pack water, snacks and lunch.

Feb 6 – Fall Creek Falls State Park near Pikeville, TN. Short Hike: 5 moderate miles on Upper Loop Trail from Newton Ford Picnic Area to the Backcountry Trailhead Parking area. **Long Hike:** 5 mi Upper Loop Trail plus 1.5 mi down Lower Loop Trail to the Nature Center. The hikers doing the short hike will go pick up the cars and meet the long hikers at the Nature Center. Depart 8 am CT from Tractor Supply West Ave and Emerson in Crossville. Carpool cost is \$6. Pack water, snacks and lunch.

Feb 13 – Fall Creek Falls State Park near Pikeville, TN. Short Hike: 7 moderate miles doing a lollipop on the Link Trail, Upper Loop Trail and Chinquapin Trail. **Long Hike:** 8.5 moderate miles doing a lollipop on the Link Trail, Upper Loop Trail and all of the Chinquapin Trail. We'll park near the intersection of Archie Rhinehart Parkway (Hwy 284) and Park Rd. Depart 8 am CT from Tractor Supply West Ave and Emerson in Crossville. Carpool cost is \$6. Pack water, snacks and lunch.

Feb 14 – Plateau Chapter Meeting. This a working meeting for the Annual Conference. Bring your ideas for fundraising, hike suggestions and speakers. Bring your own dinner. Meet at 5 pm CT at First United Methodist Church Annex, 69 Neecham Street, Crossville. Contact Chapter Chair, Bruce Whitehead, 941-716-3620 or email plateau@tennesseetrails.org for information.

Plateau Chapter – con't.

Feb 16 – Smoky Mountains National Park. Long Hike: 7 moderate miles making a loop on Little River, Husky Gap and Sugarland MT Trails. **Short Hike:** In and out 4.8 easy miles on Little River Trail. Depart 7 am CT from Outlet Mall, Interstate Drive, west parking lot. Carpool cost is \$10. Pack water, snacks and lunch.

Feb 20 – Fall Creek Falls State Park near Pikeville, TN. Short Hike: 4.15 easy miles on Gilbert Gaul Loop Trail. **Long Hike:** 4.15 miles Gilbert Gaul Loop Trail plus 3 moderate miles of the Link Trail along the lake then either backtrack to finish the loop or continue on to a parking area requiring a car shuttle. Depart 8 am CT Tractor Supply West Ave and Emerson in Crossville. Carpool cost is \$6. Pack water, snacks and lunch.

Feb 27 – Fall Creek Falls State Park near Pikeville, TN. Short Hike: 4 moderate miles on the Woodland, Overlook and Paw Paw Trails. **Long Hike:** 4.6 moderate miles Woodland, Overlook and Paw Paw Trails plus the strenuous Base Trail to the bottom of the falls. Depart 8 am CT Trinity Tabernacle Church on Hwy 127 South. Carpool cost is \$6. Pack water, snacks and we will eat lunch at Scotties in downtown Pikeville.

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.

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: Patricia Appleton 423-332-6517
soddydaisyhikes@tennesseetrails.org

MEETS QUARTERLY: Tuesday of the week following the TTA Board Meetings in Feb, May, Aug and 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 2 - Retro Hughes Rd to Rock Creek Bridge and return. Moderately strenuous. About 5 miles. Meet at Durham Street Soddy Daisy at 8:30 am. Hike leader is Tom McElhone. 805-208-4654.

Feb 5 - John Muir Trail from Childer's Creek TH to picnic area and back. About 5 miles. Easy. Drive to Powerhouse and cross bridge to explore more of the Hiwassee area. Meet at Food City Ooltewah at 8:30 am. Hike Leader, Trish Appleton- 332-6517.

Feb 9 - Heiss Mtn Rd to Little Possum Creek bridge and return. Moderately strenuous. About 7.5 miles. Meet at Durham St., Soddy Daisy at 8:30 am. Hike leader John Politte. 423-304-8327.

Feb 12 - Piney River Trail from Newby Branch Forrest Camp to Spider's Den and back. About 5 miles. Moderate. Meet at Durham St. Soddy Daisy at 8:30 am Hike Leader Trish Appleton-332-6517.

Feb 16 - Laurel Falls and return, Dayton, TN. About 7.0 miles. Moderately strenuous. Meet at Durham St., Soddy Daisy at 8:30 am. Hike leader Tom McElhone, 805-208-4654.

Feb 19 - Hike from Reflection Riding to Craven's House with NPS Historian Jim Ogden with commentary on the Battle of Lookout Mountain. Moderate because of elevation gain. About 4 miles. Meet at 8:30 am at Red Bank Food City or Reflection Riding at 9 am. Hike Leader Jim Ogden. Contact Trish at 332-6517.

Feb 23 - Heiss Mtn Rd to Retro Hughes Rd. Moderately Strenuous. About 9.7 miles. Meet at Durham St., Soddy Daisy at 8:30 am. Vehicle Staging required. Hike leader John Politte. 423-304-8327.

Feb 26 - Laurel Falls Loop, and then to the overlook at the Stone Door and out along the bluff on the perimeter trail and return. About 4 miles. Easy. Meet at 8:30 am at Red Bank Food City. Hike Leader, Trish Appleton-332-6517.

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* and please include your email address.

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 10th of the month PRIOR to the hikes (i.e. March hike listings must be submitted by February 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.

SUMNER TRAILS CHAPTER

CHAPTER CHAIR: Les Cleveland 615-719-0031
sumner@tennesseetrails.org

The Sumner Trails Chapter is happy to announce the election of a new Chapter Chair! Please welcome Les Cleveland. Les has been a great asset to our Chapter and has brought new life into our hiking schedules, leading weekly hikes at our local Bledsoe Creek State Park as well as other diverse hikes and outings. Contact information is: Les Cleveland, Phone/Text: 615-719-0031, email: *lescleve@gmail.com*.

Feb 7 - Sedge Hill, Henry Hollow, and Ridge Top Trails. Beaman Park, Nashville. (Northwestern Davidson County). Contact: Les Cleveland, Phone/Text: 615-719-0031, email: *lescleve@gmail.com*. We will hike together on the Sedge Hill Trail and the Henry Hollow Loop Trail. Hikers doing the 3.2 mile option will complete the Henry Hollow Loop Trail and return to the Nature Center. For hikers doing the 7.3 mile option, we will continue on and return on the Ridge Top Trail before completing the Henry Hollow Loop Trail and returning to the Nature Center. The rating is moderate with 380 ft. ascent on the 3.2 mile option and 600 ft. ascent on the 7.3 mile option. Trail consists of roots, gravel, rocks, and dirt. The trail features forested slopes and drier ridge tops. The park is drained on the north by the Little Marrowbone Creek. The park features diverse vegetation with forests of oak/hardwood on mid to upper slopes and alluvial hardwood at lower elevations. Bring water, snacks, hiking shoes, and hiking poles. Meet at 9 am at the Kroger, Glenbrook Shopping Center, 1010 Glenbrook Way, Hendersonville or at the Beaman Park Nature Center at 9:30. The Nature Center address is 5911 Old Hickory Blvd. Exit west off of I-65 at Old Hickory Blvd. (the part north of Nashville), go west for 11 miles and turn right into the Nature Center.

Feb 9 - Bearwaller Gap Trail. Contact: Les Cleveland, Phone/Text: 615-719-0031, email: *lescleve@gmail.com*. Named after Black Bears (used to be in middle TN) wallowing in the woods. Located near Carthage, TN. Starting at Tater Knob Overlook, the 4.6 mile hike will be 2.3 miles out with one .3 mile hill (grade 5%-24%) to Two Prong Campground and back with one .4 mile hill (grade 8%-25%). Moderate rating with well-marked trail composed of rock, roots, and dirt. Beautiful Cumberland River views. Bring hiking shoes, hiking poles, water, and snacks. To carpool, meet 9 am at the Gallatin Wal-Mart, 1112 Nashville Pike, near Chick-Fil-A or 10am at the Tater Knob Overlook. From Gallatin drive 30 miles east on TN 25. Turn left onto TN 80. Drive 2.6 miles and turn right onto TN 85. Drive 1.6 miles and turn right onto TN 263. Drive 1.7 miles and turn left into Tater Knob Overlook/Bearwaller Gap Trail. After the hike, we will eat lunch at Ebel's in Carthage.

Sumner Trails Chapter – con't.

Feb 14 - Sedge Hill, Henry Hollow, and Ridge Top Trails. Beaman Park, Nashville. (Northwestern Davidson County). Contact: Les Cleveland, Phone/Text: 615-719-0031, email: *lescleve@gmail.com*. See Feb 7 for hike description.

Feb 21 - Sedge Hill, Henry Hollow, and Ridge Top Trails. Beaman Park, Nashville. (Northwestern Davidson County). Contact: Les Cleveland, Phone/Text: 615-719-0031, email: *lescleve@gmail.com*. See Feb 7 for hike description.

Feb 28 - Sedge Hill, Henry Hollow, and Ridge Top Trails. Beaman Park, Nashville. (Northwestern Davidson County). Contact: Les Cleveland, Phone/Text: 615-719-0031, email: *lescleve@gmail.com*. See Feb 7 for hike description.

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.

Supporting Member donations support 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.

UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER CHAIR: Vacancy
uppercumberland@tennesseetrails.org
HIKE COORDINATOR: Cathy Moran 931-544-2764
uppercumberlandhikes@tennesseetrails.org

Feb 2 - Bridgestone Wildlife Management Area and Virgin Falls State Natural Area, DeRosset, TN. 8 miles. Moderate. Requires short shuttle. We will hike the Amber's Den Trail to Welch's Point. Then we will descend under the bluff to visit some Doghole coal mines beneath the Welch's Point bluff line via old roadbeds. Continuing along the roadbed we will reach Laurel Creek along the boundary between the WMA and Virgin Falls SNA. We will cross Laurel Creek at a location dependent upon water level and follow the Virgin Falls trail to the trail to Martha's Pretty Point. Then we will follow the new ridgetop trail to the Virgin Falls parking lot. Depending on water level there may be a short walk through the woods without roadbed or trail. Roadbeds may be somewhat eroded; please wear hiking footwear, bring lunch, snacks and water. Meet at Penney's in Cookeville at 8 am. For information and to register contact Lillian Ey at 615 478-7461 or *eyintn@hotmail.com*.

Feb 16 - North Rim Savage Gulf. The Plateau to Rim Hike is located in Savage Gulf Wilderness Area. The hike, having two versions, is designed for the moderate (9 miles) as well as the long-distance hiker (17 strenuous miles). Both versions of the hike will start and end at the Savage Ranger Station. The shorter version of the hike will go down the Savage Day Loop and North Plateau Trails cutting across at the Mountain Oak Trail to the North Rim Trail, which you will take back to Savage Ranger Station (9 miles). The longer version of the hike will go down the Savage Day Loop and North Plateau Trails all the way out to Hobbs Cabin to the North Rim Trail, which you will take back to Savage Ranger Station (17 miles). Groups carpooling to the hike and doing a different version of the hike should be prepared for the difference in hiking times. Bring hiking boots, water, snacks, and lunch. You can meet us at the Savage Ranger Station at 8:00 am CT. For more information and to register contact Mike Shane at *mikeshane@charter.net* or 931-446-4306.

Upper Cumberland Chapter – con't.

Feb 23 - Bandy Creek to Leatherwood Ford, Big South Fork NRR, Jamestown, TN. We will hike a section of the John Litton Loop, the Fall Branch Trail, and a portion of the Grand Gap Loop to Angel Falls Overlook - perhaps the finest overlook in the park. We will then descend to Leatherwood Ford via the John Muir Trail. Other highlights include the gorge of Fall Branch and a large rock house. The hike is about 9 miles and is rated moderate for uneven terrain, narrow ledges, boulder passages, and ladders. Wear sturdy footwear and bring snacks, lunch, and water. You can meet us in the Penney's parking lot in Cookeville at 8:00 am CT. For information and to register contact Richard Savage at 931-526-2035 or *savage_richard@hotmail.com*.

TIP

Dehydration is serious. Drink a lot of water – more than you feel you need. One of the first signs of dehydration is a headache. If you become dehydrated, you must slow down immediately and get re-hydrated.

Each month TTA offers opportunities to volunteer – be it leading hikes, organizing events, fundraising, leadership on the Board – if you've never volunteered to help before, how about it in 2019?

OFFICERS:

President

Mary Etta Ward 931-581-9906
president@tennesseetrails.org

Vice-President

Linda Latter 615-419-4845
vicepresident@tennesseetrails.org

Treasurer

David Bowling
treasurer@tennesseetrails.org

Secretary

Melinda Pearson 731-225-4293
secretary@tennesseetrails.org

At-large Directors (terms expiring listed after name)

Mary Etta Ward (2021) 931-581-9906
president@tennesseetrails.org

Libby Francis (2021) 615-889-5718
board@tennesseetrails.org

David Bowling (2021)
treasurer@tennesseetrails.org

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

Melinda Pearson (2019) 731-225-4293
secretary@tennesseetrails.org

Vacancy (2019)
board@tennesseetrails.org

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

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

Jane Coffey (2020) 615-614-1083
board@tennesseetrails.org

Regional Directors

West TN

Vacancy (2020)
westregional@tennesseetrails.org

Middle TN

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

East TN

Garnett Rush (2021) 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

2019 TTA Board of Directors Meetings

Saturday, Feb 2: 11 AM	Hermitage Library 3700 James Kay Lane Hermitage
Saturday, May 4: 11 AM	Hermitage Library 3700 James Kay Lane Hermitage
Saturday, Aug 3: 11 AM	Hermitage Library 3700 James Kay Lane Hermitage
Sunday, Oct 20: 9 AM	Location to be announced

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on the 10th 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**
 RENEWING MY MEMBERSHIP

Feb 19

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,
Cheryl Heckler 931-200-7436 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 _____ -- _____
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
___ Columbia/Franklin
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ 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; (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 hikes or functions.
Not a member yet? Please check out one of our hikes or meetings soon!