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.

SUPPORTING THE CUMBERLAND TRAIL



2019 TTA Annual Conference Save the Date

The Plateau Chapter will host the conference October 18-20, 2019 at the Fairfield Glade Community Conference Center, Crossville, TN.

Attendees will have the option to stay on-site in a one (sleeps 4) or two bedroom (sleeps 6) fully furnished condo. Both choices also have a sleeper sofa. The two bedroom condo has two bathrooms.

Our hikes will include Big South Fork National Park, Pickett State Park, Cumberland Trail State Park, Virgin Falls State Natural Area, Cumberland Mountain State Park and more.

Members of the Plateau Chapter are excited to show you the beauty, history and uniqueness of the Cumberland Plateau.

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.

COME HIKE WITH US!



2019 TTA Board of Directors Meetings

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 Fairfield Glade

Community Conference

Center



Office Location: 409 Thurman Avenue, Ste 102 Crossville, TN 38555 Tuesday – Friday Office Hours:.... 10 am - 3 pm CT Phone: 931-456-6259 Office Staff: Teresa Kemmer Email: ctcoffice2014@gmail.com Website: www.cumberlandtrail.org

The crew is currently working on Black Mountain or Catoosa Wildlife Management Area near Peavine Road. Both locations are near Crossville. If you want to join the trail crew and build these sections 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:

SECRETARY:

Paul Schwab 931-801-9484 clarksville @tennesseetrails.org

TREASURER: Mary Schwab 931-645-9068 clarksvilletreas@tennesseetrails.org

Mary Ann Harris 931-647-9321 clarksvillesecy@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.

Mar 2 - LBL, A Portion of Ft. Henry Trail and Pickett Loop Trail. 4.5 miles. Moderate. Paul Schwab 931-801-9484. 8:00 am CT at Kroger parking area, Dover Crossing Road, Clarksville. 41 miles to trailhead.

Mar 9 - Bowie Nature Park, Perimeter Trail. 4.7 miles. Moderate. Suva Bastin 931-216-0325. Meet 8:00 am CT, Big Lots Parking Lot. 47 miles to trailhead.

Mar 16 - Dunbar Cave SNA, new trail. 2.6 miles. Moderate. Donna Fondren 931-472-5185. Meet 9:00 am CT at the trailhead picnic table.

Mar 19 - Monthly Chapter Meeting.

Mar 23 - Radnor Lake SNA. Seven trails to pick from: 4 easy, 2.6 miles; 1 moderate, 0.9 miles; 2 difficult, 2.7 miles. Paul Schwab 931-801-9484. Meet 8:00 am CT, I24 exit 11 Park & Ride, near Subway. 50 miles to trailhead.

Mar 30 - Ashland City Rails to Trails, paved section. 7.4 miles out and back. Moderate. Bob Lyon 931-216-5897. Meet 8:00 am CT, old Madison Street Kmart parking lot at the corner of Madison St. and Highway 41A Bypass, Clarksville. 23 miles to trailhead.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CO-CHAIR: Jane Coffey 615-516-6551 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.

OFFICERS:

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president@tennesseetrails.org

Vice-President

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David Bowling

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Melinda Pearson 731-225-4293

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

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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

Mar 9 - Rock Creek (Cumberland Trail). 8 miles. Moderately strenuous, Joint hike with Soddy Daisy Chapter. This hike will state at the Retro Hughes trailhead north of Soddy Daisy. The trail descends into the Rock Creek gorge through a series of many switchbacks. Elaborate rock work is seen. We will meet at Lowes in Harriman (Exit 50 on I-40) at 8:00 am ET. Traveling distance to trailhead is 55 miles 1 way (110 Miles round trip). Contact Carolyn Reeves to pre-register 865-399-3972 or crhiker03@amail.com.

Mar 30 - River Bluff Trail, Norris Dam. 4 miles. Easy. We will park at the trailhead on Dabney Road and hike the lower section of the trail along Norris River, less than 2 miles each way. The walk along the river is relatively flat. Where we will turn around the trail goes up the bluff to make a loop. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other appropriate clothing, a snack, something to drink and a camera. We will meet at the Central Baptist Church of Bearden parking lot for carpooling and leave at 9:00 am ET and stop at Ingles Market, 215 Cedar Lane in North Knoxville, leaving at 9:15 am ET for those that prefer to meet there. Also, you may meet us at the southeast end of the Wal-Mart parking lot at the I-75/State 61 intersection near Norris. leaving there at 9:45 am ET. Please bring \$\$ for carpooling. This is a short hike. On the way home, depending on the time, we may stop for lunch and/or beverages at Harrison's Grill and Bar in Clinton. For additional information on this hike contact Tom Cressler before March 29 at 865-974-4422 or leave a message at 865-588-5622 or cressler@utk.edu.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHÀPTER 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.

Mar 2 - Bridal Veil Falls, Perimeter Trail, Sewanee, TN. Approximately 4 miles. Moderate, with a few steep, rocky sections. This trail is located on the Domain of The University of the South, Sewanee, TN. Starting at the parking lot at Lake Cheston, a short trail connects to the Perimeter Trail and the Bridal Veil Falls Trail. We will descend below the plateau, with an elevation change of 400 feet. Bridal Veil Falls emerges from a underground stream, cascades 25 feet or so, then disappears into a sink hole. A loop trail returns to the top of the plateau and reconnects to the Perimeter Trail, following the bluff with views and interesting geological features. We will return to the Lake Cheston Parking Lot. There may be some early spring wildflowers along the trail. Our hike leader is a Botanist and Associate Curator of the Sewanee Herbarium. She has been leading wildflower walks for the Herbarium and the Smokies Wildflower Pilgrimage for many years. Meet at 10:00 am CT at the first Lake Cheston parking lot on the campus of The University of the South (the parking lot near the dam and the pavilion.). The parking lot is located past the Fowler Fitness Center and football field out Brakefield Road. Turn left at the baseball field. Bring water, snacks, lunch, hiking sticks. Wear sturdy hiking boots. Please register with Yolande Gottfried, ygottfri@sewanee.edu or 931-598-5327.

Mar 3 – Winter Trees Hike. Saint Mary's Sewanee, Sewanee, TN. Easy. Lovely large trees are silhouetted against the sky on the campus of Saint Mary's Sewanee, giving us a great opportunity to observe branching, twigs, tree shape, bark and more before the leaves emerge. Meet Yolande Gottfried at 2:00 p.m. CT in the parking area for this easy one-hour stroll. The address is 770 St. Mary's Lane, Sewanee. (One mile south on Hwy 56 south, aka Sherwood Road.) Yolande is a Botanist and Associate Curator of the Sewanee Herbarium. Yolanda's email is ygottfri@sewanee.edu or 931-598-5327.

Mar 9 – Joette's Wolf Cove Hike. 8-9 miles. Strenuous, some off trail. Meet at 9:30 am CT, Sal City, Belvidere, TN between mile marker 24 and 25 on Hwy 16, Franklin County, TN. Hike will include caves, waterfalls. Steep in places. Bring flashlight for cave exploration. Bring water and lunch. Contact Joette Carter at 256-509-0918.

Highland Rim Chapter – con't.

Mar 16 - Collins Gulf Loop Trail, South Cumberland State Park, Gruetli-Laager, TN. 12 plus miles. Difficult due to distance, rocky terrain and elevation changes. Joint hike with the Murfreesboro and Nashville Chapters. We will hike along the west rim of Collins Gulf and down the Old Stagecoach Road to Sawmill Campground; then back up the east side, passing Horsepound Falls and Suter Falls back to the start. In addition to spectacular waterfalls this trail has awesome spring wildflowers. Bring water, snacks and lunch. Bring hiking sticks, sturdy hiking boots, and clothing appropriate for the weather. Bring water shoes for creek crossings and a head lamp. Please contact Marietta Poteet at nannietta@blomand.net or 931-924-7666 for information and to register. Collins West Trailhead address: 2689 55th Avenue, Gruetli-Laager, TN 37339. On TN Hwy 108 in Gruetli-Laager, watch for the small brown "Collins West" sign marking the 55th Avenue intersection. Follow 55th Avenue all the way to its end.

Mar 23 – Short Springs State Natural Area Work Day. Tullahoma, TN. We have a Short Springs Work Day four times per year. In return for our volunteer work at Short Springs the City of Tullahoma does not charge rent for our monthly meeting at D. W. Wilson Community Center. Folks with all skill levels are needed. We need volunteers to help carry equipment to the work site, prune back vegetation from trails, pick up trash. Specific tasks will be announced later. Please contact Joan Hartvigsen at jhartvigs@comcast.net or 931-962-0811 to let her know you can help. Meet at 9:00 am in the Short Springs parking lot, 2250 Short Springs Road, Tullahoma, TN.

Mar 25 – Chapter Meeting. Dinner 5:00 pm at Applebee's, 1957 N. Jackson Street, Tullahoma. Meeting is 7:00 pm at D. W. Wilson Community Center. Our program is "What's Happening in Tennessee Plant Conservation" by Mary Priestley and Dennis Horn. Dennis and Mary are members of the new Tennessee Plant Conservation Alliance. Joint meeting with the Friends of Short Springs.

Mar 29-31 - Mousetail Landing State Park Camp & Hike and Lady's Bluff TVA SWA Hike. Linden, TN. Joint activity with the Murfreesboro Chapter. We have reserved four campsites at Spring Creek Campground inside Mousetail Landing State Park Friday and Saturday nights. The campsites are along the Tennessee River (aka Kentucky Lake). Perhaps we will kayak in Kentucky Lake. Friday we will hike the three mile Scenic Trail and the half mile Spring Creek Trail. Friday night we will enjoy a Chili Dinner at our campsites. Saturday we are hiking the Eagle Point Trail, 7.5 lollipop loop, rated moderate and offers beautiful views of the Tennessee River. Saturday night we can eat at nearby Parsons, TN or Linden, TN. Sunday we are hiking the Lady's Bluff Trail in the nearby TVA Small Wild Area. This trail is 2.6 miles with moderate steep grades and spectacular views of the Tennessee River. Contact Joan Hartvigsen, 931-962-0811 or ihartvigs@comcast.net for camping information. More information soon. con't on next page

Planning Ahead:

Apr 26-28 – Big South Fork National Recreation Area Camp and Hike Weekend. Jamestown, TN. Joint Activity with the Murfreesboro Chapter. Camp at Bandy Creek Campground in A Loop. We have reserved several campsites. Contact Joan Hartvigsen for a site, jhartvigs@comcast.net. Hikes include Angel Falls Overlook Hike, Burnt Mill Bridge Loop and Twin Arches/Charit Creek Loop. Angel Falls Overlook Hike is 6 miles round trip, 400 ft. Elevation change, moderate. Burnt Mill Bridge Loop is 4.3 miles, 200 ft. Elevation change. Twin Arches/Charit Creek Loop is 4.6 miles, 400 ft. Elevation change, moderate. More information on our meals soon, Tony Jones is the Murfreesboro Chapter contact, tonjon1968@gmail.com.

May 17-19 - Camping at Mile High Campground off Heintooga Ridge Road near Maggie Valley, NC at southern end of Blue Ridge Parkway. Hiking in Great Smoky Mountains National Park and off Blue Ridge Parkway. Full Moon, Joint activity with the Murfreesbro Chapter. Hikes include Balsam Mountain Nature Trail inside Balsam Mountain Campground or Flat Creek Trail to Heintooga Overlook and beyond on Friday. Rough Fork Trail, Caldwell Fork Trail, Hemphill Bald Trail Loop Hike on Saturday. Black Balsam Knob High Loop (Investor Gap Trail, Art Loeb Trail, Art Loeb Spur Trail) on Sunday. The Balsam Mountain Nature Trail is an easy 1 mile RT. The Flat Creek Trail to Heintooga Overlook and beyond is about 2 miles RT, depending on how much time we have. Saturday's hike is a 13.7 mile loop, 2,000 ft.elevation change, moderate. Sunday's hike is located off the Blue Ridge Parkway. Mile Marker 420. Forest Road 816. Sunday's hike is a 5 mile moderate loop and offers panoramic views from Tennet Mountain and Black Balsam Knob. Contact Joan Hartvigsen, jhartvigs@comcast.net, 931-962-0811 to reserve a spot in Mile High Campground. More information later. Non-campers can stay in nearby Maggie Valley, NC. Friday night we will share a meal at the campground. Saturday night we will eat at J. Arthurs Restaurant in Maggie Valley, NC.

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

Mar 5 - Chapter Meeting.

Jackson Chapter - con't.

Mar 9 - Sipsey Wilderness Hike. Glen Rognstad will lead us on this exciting hike! This 8 mile loop from Thompson Creek Trailhead in the northwest portion of the Sipsey Wilderness features well-known landmarks of the wilderness, including Bee Branch Falls, rock formations and river rapids along the Sipsey Fork, and the "Big Tree" a towering yellow poplar reputed to be Alabama's tallest tree". Will hike through "Needles Eye" and "Ship Rock". Please let Glen know if you plan to attend. Directions & General Information: We will meet at the Best Western Inn in Russelville, AL at 7:15 .am. Russelville is about 2 1/2 hours from Jackson. Some are staying at the Best Western. If you are coming from another direction, you can meet us at the Thompson Creek Trailhead in Bankhead National Forest at approximately 8:15 am. Google Maps "Thompson Creek, Sipsey Wilderness". Note: The access road has a few rough spots and phone coverage is not good. Plan is to leave the Thompson Creek trailhead via Trail #206. After about a 1/2 mile we will head up White Oak Hollow and take the unmarked "Shortcut" trail to the Big Tree in East Bee Branch Canyon (Green Trail on map). It is about 2 1/2 miles to the Big Tree via the Shortcut Trail. The trail has about 500 feet elevation gain up and down and can be difficult due to slippery footing and several water crossings near the end. We will stop and spend some time around the Big Tree to explore the various waterfalls and bluffs. We will continue out of Bee Branch & follow Trail #209 along the Sipsev River (Red Trail on map). It is about 5 1/2 miles to return to Thompson Creek Trailhead from East Bee Branch area. About half way up back to the trailhead we will pass by the "Eye of the Needle" and "Ship Rock". In general, the trail is fairly level and is more travelled in this section. There will be a few unbridged water crossings that may require taking off shoes and wading. Allow 7-8 hours for hiking. Rated difficult due to length of hike, water crossings, poor footing and downed trees. No restroom or facilities at the trailhead. No cell phone coverage on the hike or at trailhead. Bring plenty of water with a hardy lunch and snacks. Bring a change of shoes to leave in car, small towel to dry feet, camera, first aid kit, flash light, sense of exploration and FUN!! Also, we plan to stop in Florence/Muscle Shoals/Sheffield area and eat on the way home.

Mar 23 - Virgin Falls. Route to be determined. May use older trail or the trail from Amber's Den. Some will travel to Cookeville or Sparta on Friday night since it is a 3 hour drive to Sparta/Cookeville. We will meet at the McDonald's in Sparta at 9:00 am and then travel to the trailhead. Additional details will be made available by email.

MEMPHIS CHAPTER

CHAPTER CHAIR:

VICE-CHAIR:

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

Mar 2 - Arkabutla State Park, Coldwater, MS. 5 miles. Easy. Join us for this 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 fifelt@att.net. Rain 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 and turn into the day use area by the spillway to trailhead.

Mar 9 - Woodland Trail, Meeman-Shelby Forest State Park. Moderately strenuous with four mile and six mile options. We will meet at 9:00 am at the Visitor Center (please avoid parking right at the door) and walk to the trailhead. The first section of the trail has some very steep hills. At about two miles, we will stop at the Woodland Shelter for a quick snack. From here, those choosing the longer version will hike down the bicycle trail to where it meets the Pioneer Springs Trail and use that trail to return up the hill to the Shelter. From the Shelter we will take the lower, flatter side of the Woodland Trail back to the Visitor Center. Those choosing the shorter version will skip the bicycle/Pioneer Springs portion of the hike. 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.

Mar 16 – Overnight Trail, Mousetail Landing State Park. 8 miles. Moderate with some steep, rugged hills and rocky terrain. Meet at 9:15 am at Mousetail Landing Park Visitor Center. The hike will leave promptly at 9:30 am. A hiking stick and boots are suggested. Bring snacks, water and lunch. We will eat lunch at Shelter #2 on a bluff overlooking the Tennessee River approximately 5 miles from the parking lot. Rain will cancel hike. To register or ask for directions call or text Linda Red at 901-489-9157. http://tnstateparks.com/parks/about/mousetail-landing.

Memphis Chapter - con't.

Mar 23 - T.O. Fuller State Park - Spring Flowers. Meet at the visitor center to 9:00 am. The hike will begin promptly at 9:15 am. The 4-mile hike covers moderate to rugged terrain with some wet land and a possible stream crossing. Hiking boots or sturdy shoes recommended. Bring water and a snack. The Discovery Loop Trail includes part of the Nature Bluff Trail of the Chucalissa Indian Village. Time Frame: 2.5 hours. Contact for information: Marion at 901-482-8640. Directions: I-240 West to I-55 North; Exit 7 South to Highway 61 (3rd Street). Drive approximately 1 mile. Turn right onto Mitchell Road; continue 3 miles west to the T. 0. Fuller Park sign. Turn right into the visitor center parking lot.

Mar 30 - Lovitt Trail behind Lowe's off Germantown Road. Join us for a 6-mile hike across flat terrain in the woods along the Wolf River. Meet at 9:30 am in front of the lumber entrance of Lowe's Home Improvement at 430 South Germantown Pkwy, Cordova. This is the northeast corner of the parking lot. Wear hiking boots and brings snacks and water. Rain will cancel. Contact: Janet at 901-761-0705.

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. Cabins: http://www.ozarkcabins.com/ozarkmountaincabins/. Little Switzerland Cabins: https://www.cabinsintheozarks.com/. Dogwood Springs Cabins and Campground: http://jasperdogwoodcabinsandrv.com/. 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

HIKE& MEMBERSHIP COORDINATOR:

BLOGMASTER

Jennifer Zahn 615-943-8853 murfreesborohikes@tennesseetrails.org 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

Mar 12 - Chapter Meeting. Chapter members Anna and Fount Bertram will present a program on Edgar Evins State Park. They will give a brief overlook of the park, Friends Group and state Friends involvement. Anna has a PowerPoint about the planning, building and Grand Opening of the Hillside Story Book Trail. It is entertaining and educational. The story book is going to change and there will be another Grand Opening this year on June 1...National Trails Day. Plans are to change the story every year to keep it fresh and interesting.

Mar 16 - Collins Gulf Loop Trail, South Cumberland State Park, Gruetli-Laager, TN. 12 plus miles. Difficult due to distance, rocky terrain and elevation changes. Joint hike with the Highland Rim and Nashville Chapters. See hike description and registration information under the Highland Rim Chapter heading.

Mar 23 - Radnor Lake Nashville. 3.5 miles. Moderate due to some steep slopes. Well maintained trail, with an opportunity to see wildlife. For more info of to sign up contact 615-943-8853 or jenzahn@gmail.com.

Mar 29-31 - Mousetail Landing State Park Camp & Hike and Lady's Bluff TVA SWA Hike, Linden, TN. Joint activity with Highland Rim Chapter. We have reserved four campsites at Spring Creek Campground inside Mousetail Landing State Park Friday and Saturday nights. The campsites are along the Tennessee River (aka Kentucky Lake). Perhaps we will kayak in Kentucky Lake. Friday we will hike the three mile Scenic Trail and the half mile Spring Creek Trail. Friday night we will enjoy a Chili Dinner at our campsites. Saturday we are hiking the Eagle Point Trail, 7.5 lollipop loop, rated moderate and offers beautiful views of the Tennessee River. Saturday night we can eat at nearby Parsons, TN or Linden, TN. Sunday we are hiking the Lady's Bluff Trail in the nearby TVA Small Wild Area. This trail is 2.6 miles with moderate steep grades and spectacular views of the Tennessee River. Contact Joan Hartvigsen, 931-962-0811 or jhartvigs@comcast.net for camping information. More information soon.

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

Mar 9 - Honey Creek/Big South Fork National Recreation Area, Near Rugby TN. 5 miles. Very Strenuous. This is a difficult hike through creeks, over boulders, and up steep and rugged terrain. There will also be great overviews, waterfalls, and interesting geological features. Bring water, snacks/lunch, waterproof boots with ankle support, hiking poles, and clothing appropriate for the weather that day. Contact Karl Dupre at 615-207-2250 or karld@comcast.net. Karl says "This is one of the longest five mile hikes know!" https://www.nps.gov/biso/planyourvisit/upload/honctrl.pdf.

Mar 16 - Collins Gulf Loop Trail, South Cumberland State Park, Gruetli-Laager, TN. 12 plus miles. Difficult due to distance, rocky terrain and elevation changes. Joint hike with the Murfreesboro and Highland Rim Chapters. We will hike past West Collins campground to the loop on the east side, passing Suter Falls and Horsepound Falls. In addition to spectacular waterfalls this trail has awesome spring wildflowers. Bring water, snacks and lunch. Bring hiking sticks, sturdy hiking boots, and clothing appropriate for the weather. Bring water shoes for creek crossings and a head lamp. Contact Doug Burroughs at dougburroughs@tennessee.usa.com or 615-587-0085 (leave a message) for more information and to register. Meeting Place: I-24 exit 59. Floor & Decor (former Target) Parking lot, 5420 Target Dr, Antioch, TN 37013. Meeting Time: 7:00 am (Should be at trailhead around 9:00 am). Collins Gulf West Trailhead is searchable on navigation devices.

Mar 23 - Montgomery Bell State Park, Burns TN. Overnight Trail. 10.5 miles. Strenuous. Wooded terrain with some hills. The trail passes by several lakes, a historic cabin and church, and historic iron ore pits. Bring water, snacks/lunch, boots, and clothing appropriate for the weather that day. There is an option after the hike to stop for food at the State Park Inn dining room or somewhere on the way back to town. Contact Nancy Juodenas at nili1011@gmail.com or 615-319-8811 for more information and to register. Meeting Place: WalMart near 7044 Charlotte Pike parking lot just north of I-40. Meeting Time: 7:30 am. Or meet at the park at 8:30.

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Nashville Chapter - con't.

Mar 26 – Chapter Meeting. Program: Grand Canyon Rim-to-Rim Backpack. If the Grand Canyon is on your bucket list, this program is for you! This past October, four Nashville TTA Chapter members, organized by Nancy Juodenas, backpacked for 4 days and 3 nights from the North Rim to the South Rim of the Grand Canyon in Arizona. They encountered snow, rain, and sunshine along the way. This trip was with an outfitter, so their expert guide helped to identify the geology, plants, and animals, as well as Native American artifacts and history, along the way. They will present a slideshow and bring informational materials about the hike and the area. See you there.

Mar 30 - Grand Gap Loop. Big South Fork NRA. Jamestown TN. 6.6 miles. Moderate. The Grand Gap Loop goes along the rim of the Big South Fork river gorge. Since you are atop the Plateau the entire way, changes in elevation are minimal, making the 6.6 mile hike doable by anyone in decent hiking shape. There are two beautiful overlooks on this hike. The hike will take about 3 hours. Bring water, sturdy hiking boots, hiking poles, snacks and lunch. Meet at The Fed Ex parking lot on Donelson Pike. For more information and to register contact Doug King cell 615-542-0486.

PLATEAU CHAPTER (Crossville)

CHAPTER CO-CHAIRS: 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 hike (typically 5 - 8 miles) every Wednesday and usually two Saturday hikes a month. For additional information contact the hike coordinator, Deb Westervelt, email *plateauhikes@tennesseetrails.org* or text/call 931-267-2243, unless otherwise noted. 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.

Mar 2 – Stinging Fork State Natural Areas and Soak Creek, Spring City, TN. These two hikes are being combined to give a total hiking distance of about 7 miles or less. Stinging Fork State Natural Area features a 35-foot waterfall and cascade at the end of the 1 ½ mile trail. Due to some elevation gain and possibly slick rocks, the hike is rated moderate to difficult. Wear boots, bring lunch, water and snacks. Depart from Trinity Tabernacle Church, Rt 127 South, in Crossville at 8:00 am CT. Carpool cost is \$4. Pack water and snack.

Plateau Chapter - con't.

Mar 6 – Collins Rim Trail, Savage Gulf, Gruetli-Laager, TN. Long Hike: This is a moderate 8 mile in/out hike with spectacular bluff overlooks and rock formations. Those wanting a strenuous hike can split off on the Collins West Trail down into the gorge to Horsepound Falls and back for 7 in/out miles. Short Hike: Hikers will turn around at the 2.5 mile mark. Depart Trinity Tabernacle Church at 7:30 am CT. Carpool cost \$7.

Mar 13 – Beckwith's Point Trail, Piney Point, Shakerag Trail, Bridal Veil Falls, Sewanee, TN. These hikes are 6 miles total. Rated moderately difficult due to a steep ascent up a cliff to Green's View and areas of rocky footing. The hikes feature spectacular wildflowers, limestone bluffs, a great overlook at Piney Point, and a beautiful waterfall. Depart 7:30 am CT from Trinity Tabernacle Church on Hwy 127 South. Carpool cost is \$10. Pack water, snacks and lunch.

Mar 14 – Chapter Meeting. This is a working meeting for the Annual Conference. All committees will report on status. Bring your ideas for fundraising and speakers. Potluck dinner, please bring a dish to share along with your drink. Meet at 5 pm CT at First United Methodist Church Annex, 69 Neecham Street, Crossville. Contact Bruce Whitehead, 941-716-3620 or email plateau @tennesseetrails.org for information.

Mar 16 – Short Springs Natural Area (NA), Tullahoma, TN. We will wind our way around the Short Springs NA to Busby Falls and Machine Falls on a multitude of trails one of which is the Wildflower Loop. This is a 6 mi moderate hike that include creeks, waterfalls and beautiful views. We can add another nearby hike if we choose. Depart 7:30 am CT from Tractor Supply West Ave and Emerson in Crossville. Carpool cost is \$6. Pack water, snacks and lunch.

Mar 20 – Norris City Watershed Park. Long Hike: This is 8 easy miles combining several trails. Short Hike: Hikers will turnaround at the 2.5 mi mark. We will start at the Lenoir Museum on the Clear Creek Trail and follow it past an old weir and stream gauging station, the "kissing tree", G. Taylor Mill site, an old millrace, some stream crossings (may need water shoes), a large spring inside a fenced concrete structure, and other weir stations. Watch for wild flowers along the way. A wildlife watering hole and CCC foundations are also there. Bring water, lunch and snacks. Depart from the Crossville Outlet Center at 7:30 am CT.Carpool fee is \$7.00.

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Plateau Chapter - con't.

Mar 23 - Porter's Creek Trail, Smoky Mountains National Park, Cosby, TN. This is a moderate 8.5 mile hike with a 1500' climb over 3.5 miles to a campsite and then return the same way back. This is a great spring wildflower hike with 60' Fern Branch Falls in the Greenbrier section of the Smokies. The forest floor can literally be carpeted with bloodroot, hepaticas, white fringed phacelia, violets, white trilliums and many other varieties. There are several old stone walls that are remnants from the Elbert Cantrell farmstead, who settled in the Porters Creek community in the early 1900s. We will also visit Ownby Cemetery, which also dates back to the early part of the 20th century. A short spur trail takes you to John Messer farm site, which includes a cantilevered barn that was built by John Whaley around 1875 and a cabin that was built by the Smoky Mountain Hiking Club in the mid-1930s. Depart 7 am CT from Outlet Mall, Interstate Drive, Southwest parking lot. Carpool cost is \$10. Pack water, snacks and lunch. We'll stop for dinner on the way home.

Mar 27 – Standing Stone State Forest, Hilham, TN. Join us on a 5 mile wildflower hike around the Lake. Option: We can add one of the other short trails in the park. The park takes its name from a 12 foot tall rock standing upright on a sandstone ledge, which was supposedly used as a boundary line between two Indian nations. When the rock fell, the Indians placed a portion of it upon an improvised monument to preserve it. The stone is still preserved in Monterey. Depart 7:30 am CT from Cracker Barrel. Pack water, snacks and lunch (option: eat late lunch in Cookeville). Carpool cost is \$6.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: Jean Smith 423- 596-7681 soddydaisy @tennesseetrails.org

TREASURER: Robertson (Bob) McGavock 423-667-2960 soddydaisytreas@tennesseetrails.org

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

Mar 2 - Laurel-Snow Trail hike to Laurel Falls. 6.1 mile in and out hike. Moderate. Meet at the Durham Street parking lot at 8:30. Tom McElhone. 805-208-4654.

Soddy Daisy Chapter - con't.

Mar 5 - Keown Falls and John's Mtn. About 5 miles. Moderate because of elevation change. Meet behind the closed Wendy's at the East Ridge Exit off I-75. at 8:30 am. Turn left off the ramp onto Ringold Rd. and go down past the Rd. to Camp Jordan. The parking lot is on the left. Hike leader- Trish Appleton- 423-332-6517.

Mar 9 - Rock Creek Gorge Section of the Cumberland Trail - Retro Hughes Trailhead to Rock Creek Bridge and back. 8.8 miles. Moderate to strenuous. Joint hike with the East Tennessee Chapter. Meet at 9 am at the Durham St parking lot. Hike Leader is Tom McElhone. 805-208-4654.

Mar 12 - West half of Gahuti Loop. 4 miles. Easy to moderate because of some rocks. Mostly downhill. Meet at East Ridge Exit of I-75 behind the closed Wendy's at 8:30 am. Hike leaders Sue Christensen 423-580-5595 and Trish Appleton- 423-240-3443.

Mar 16 - Prentice Cooper (Snoopers Rock to Natural Bridge & return). Moderately Strenuous. About 6 miles. Meet at Red Bank Food City at 8:30 am. Hike Leader - Tom McElhone. 805-208-4654.

Mar 19 - Signal Mountain School to Mushroom Rock and Middle Creek and back about 41/2 miles. Meet at Food City at the foot of Signal Mtn. at 8:30 am. Hike leader Kathy Daniels, 931-265-1661.

Mar 23 - Hike from Lower Leggett Road Rd trailhead to the Retro Hughes Rd trailhead (about 7.5 miles). Vehicle staging will be required. Meet at Durham St. parking lot in Soddy Daisy at 8:30 am. Hike Leader: John Politte. 423-304-8327.

Mar 26 - Lookout Mountain Kiddie Trail to Craven's House. 4 miles. Moderate because of elevation gain. Led by Jim Ogden, the historian at the Battlefield. This is the second in the historical series of hikes. We probably will stage a car for drivers at Craven's House since we will spend time with Jim's narration along the way. Meet at Food City in Red Bank at 8:30 or Reflection Riding at 9 am. Contact Trish Appleton. 240-240-3443.

Mar 30 - Roaring Creek trailhead to Gilbreath Creek and return. 9.2 miles. Meet at Soddy Daisy Ballfields Park (adjacent to Soddy Creek) at 8:30 am. Hike Leader John Politte. 423-304-8327.

SUMNER TRAILS CHAPTER

CHAPTER CHAIR:

Les Cleveland 615-719-0031 sumner @tennesseetrails.org

Mar 2 - State Capitol Tromp. 1 mile. Easy. A history walk led by historian and author Mark Zimmerman. The walk will include stops at the Korean and Vietnam war memorials, the WWI statue at the War Memorial Building, then to the State Capitol statues where Mark will tell us about historical figures including Presidents James K. Polk, Andrew Jackson, and Andrew Johnson; Sam Davis, Alvin York and others. Then we'll tromp down the hill to the Bicentennial Mall where we will visit the new Tennessee State Museum followed by visiting Farmers Market for lunch in their food court. Meet for carpooling at First Presbyterian Church, 172 W. Main Street in Hendersonville at 9 am CT or at the state parking lot behind the Supreme Court Building at 9:45 am CT. For further info contact Trompina ballallenger@aol.com.

Mar 4 - Town Creek Greenway, Gallatin. 3.8 miles. Easy. Meet at 10:30 am. We will start in downtown Gallatin at the Municipal Parking lot, continue onto the new section of Town Creek Greenway for 1.9 miles to the entrance at Triple Creek Park, and return to downtown. After the hike, we will eat at Swaney Swift's on the square. The Greenway walking surface is composed of concrete and asphalt. Walking shoes are fine. Dress warmly. Meet at the Municipal Parking lot, which is between City Hall, 132 W Main St., and Chubb's Restaurant, 122 W Franklin St. For more information or questions, contact Richard Fite at fiteR47@yahoo.com or 615-804-0765.

Mar 7 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles. Hike begins 9:30 am at Beaman Park, Nashville (Northwestern Davidson County). 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. assent on the 3.2 mile option and 600 ft. assent 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. Those carpooling meet at 9am at the Kroger, Glenbrook Shopping Center, 1010 Glenbrook Way, Hendersonville or meet 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 0ld Hickory Blvd. (the part north of Nashville), go west for 11 miles and turn right into the Nature Center. Contact Les Cleveland at lescleve @gmail.com or text/phone at 615-719-0031.

Sumner Trails Chapter – con't.

Mar 14 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles. See hike description and registration information under Mar 7 listing.

Mar 15 - Old Stone Fort State Archaeological Park, Manchester, TN. 3 miles. Moderate with uneven difficult footing in places and one steeper hill. We will hike the Old Stone Fort Trail, the somewhat steep Backbone trail and the Little Duck Loop (weather permitting, if not flooded out). The Old Stone Fort is a 2,000-year-old American Indian ceremonial site. The two forks of the Duck River cut into the edge of the Highland Rim Plateau at the site of the Old Stone Fort. On the hike, we will see waterfalls, cascades and rock bluffs bordering the Duck River. On the Backbone Trail we will climb up and walk along a ridge. You will need hiking poles, hiking shoes, desired snacks and water. Restrooms are available at the museum. We will eat lunch after the hike about 12:30 at the Coffee Café in the Historic area of Manchester close to the Park. This is a local café with a great menu. They close at 2 pm CT so we should be there on time. Those carpooling meet at 9 am CT at the Kroger, Glenbrook Shopping Center, 1010 Glenbrook Way, Hendersonville. Please call if meeting at the trailhead by the museum at 10:30 am CT. Contact Judy **Jenkins** judy_jenkins@comcast.net or 615-403-0002 for more information.

Mar 18 - Town Creek Greenway, Gallatin. 3.8 miles. Easy. See hike description and registration information under Mar 4 listing.

Mar 21 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles. See hike description and registration information under Mar 7 listing.

Mar 23 - Pilot Knob Ridge Trail, 3.2 miles, Moderate. Located in Nathan Bedford Forrest State Park, near Camden, TN. The hike starts at the Pilot Knob Trailhead and the Tennessee River Folklife Interpretive Center, which features displays on musseling, crafts, and commercial fishing. After hiking down a short steep hill, we will hike along a ridge with beautiful views of the Tennessee River. We will continue along a level section and gradually go uphill to complete the loop. We will be on part of and near the Trail of Tears. Pilot Knob Ridge Trail consists of rocks, dirt, and roots with sections of wide, easy trails. Please bring hiking shoes, hiking poles, snacks, and water. After the hike we will eat lunch at the Country and Western Steakhouse in Camden. Meet at 8:30 CT at the Kroger- Glenbrook Shopping Center, 1010 Glenbrook Way, Hendersonville or at the Interpretive 10:30. Center at Contact Les Cleveland lescleve @gmail.com or text/call615-719-0031.

Mar 28 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles. See hike description and registration information under Mar 7 listing.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

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

Mar 2 - Greeter Fall to Savage Ranger Station via South Rim Trail. Savage Gulf State Natural Area, Beersheba Springs, TN. 17.2 miles. Strenuous. This hike begins at Greeter Falls parking lot and ends at the Savage Gulf Ranger station. We will begin hiking at 8 am CT and will visit Greeter Falls. Then we will hike to Alum Gap, down into the Big Creek Gulf over to Sawmill campground. We may shorten the hike from Alum Gap to Sawmill depending on water levels in Big Creek. At Sawmill campground we will hike on the Connector trail to Stagecoach road up to the South Rim trail. We will follow the South Rim trail to the Savage Day Loop, then hike on the Savage Day Loop to the Savage Gulf Ranger station. Those wanting a shorter hike can exit at the Stone Door Ranger station. Another shuttle would be necessary. Please bring head lamp, lunch and snacks, water, good hiking boots, and raingear. For information about the hike. carpooling, and to register contact Mike Shane 931-446-4306.

Mar 9 - Soak Creek-Sting Fork Falls State Natural Area, Spring City, TN. 6.5 miles. Moderate++, requires shuttle. Sting Falls Trailhead. We will descend to Sting Fork Falls and then follow Soak Creek to where it joins the Piney River. 3 good climbs along the way, with a lot of rock stair and switch backs. (Google "Soak Creek" and you should be able to find a short video of the trail). There are 6 or more streams to rock hop on the trail. Wear sturdy hiking boots and bring snacks, lunch and water. Meet at U.S. Bank, Hwy 111, across from McDonald's at 8 am or at Sting Fork Falls Trailhead at 9:45 am CT. For Information and to register contact Pete Broehl at 931 738-3551 or pabroehl@bloimand.net.

Upper Cumberland Chapter - con't.

Mar 16 - Big Soddy Creek Bridge-Soddy Gulf Park and Cumberland Trail-Soddy Daisy TN. 6 moderate miles with longer options. We will begin our hike at Soddy Gulf Park with a one mile walk beside Big Soddy Creek along a gravel road. After crossing Board Camp Creek on a bridge, we will follow an old roadbed to the Cumberland Trail. We will follow the Cumberland Trail south to the Big Soddy Bridge sometimes called the crown jewel of the Cumberland Trail. We will lunch at the bridge and return by the same route with a side trip in the Soddy Park to see artifacts of the coal mining. Attractions of the hike include Big Soddy and Board Camp creeks, a waterfall, high cliffs, mining artifacts, and the suspension bridge. Those wanting a longer hike may continue to Deep Creek Bridge or explore the Cumberland Trail north toward Jones Gap. Wear sturdy footwear and bring water, lunch, and snacks. Meet in Cookeville at the west side of Penny's at 8:00 CT. Time to trailhead is about 1.5 hours. For more information and to register contact Lillian Ev at evintn@hotmail.com or 615-478-7461.

Mar 23 - Ray Branch, Tims Ford State Park, Winchester, TN. 12 miles. Moderate to strenuous due to distance. This hike will start at 8:30 am from the Tim's Ford Visitor Center. The trail wraps around Tim's Ford Lake for the majority of the 12 miles and has some of the most awesome lake views around. Rolling hills and the lack of major hills or valleys make for the perfect long-distance casual hike. Please bring sturdy hiking shoes, weather appropriate clothing, and a snack for your hike leader Mike Shane. For information about the hike or to register please contact Mike Shane 931-446-4306

Mar 30 – Old Stone Fort State Archaeological Park. 4 miles. Easy to moderate. Meet at 9:00 at Old Stone Fort museum parking area. We will start at the top of the falls walk down to the bottom, make a loop back to the top. Nice view of two rivers that meet at the bottom. Bring snacks and water. Several restaurants nearby for those who want to go for lunch or bring a sack lunch if you want to eat at the park after. Contact Cindy Watson 931-247-1459 or cgrwatson@gmail.com to register.

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

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