

# 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**



## 16<sup>th</sup> Annual Trails & Trilliums Festival Apr 12-14

**Sponsored by Friends of South Cumberland  
State Park  
DuBose Conference Center  
Monteagle, TN.**

This festival celebrates the natural wonders of Tennessee's largest state park – South Cumberland State Park. Proceeds from this festival go to support the park. Highland Rim Chapter hike leaders include Marietta Poteet, Yolande Gottfried and Nathaniel Mann.

Tennessee State Naturalist Randy Hedgepath will lead hikes and present a program.

The 26 scheduled hikes include Foster Falls Climbers Loop, Fiery Gizzard Trail to Raven's Point, Sherwood Forest, Denny Cove, Collins Gulf, Shakerag Hollow, Greeter Falls, Stone Door and Laurel Falls with hikes ranging from easy to strenuous.

In addition to the hikes, there are a variety of other activities throughout the weekend, including talks and workshops and a native plant sale.

Go to Trails and Trilliums ([www.trailsandtrilliums.org](http://www.trailsandtrilliums.org)) for complete schedule and to register for the hikes and programs. Contact Joan Hartvigsen at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 if there are questions.



## 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

## 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.



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

The CTC Trail Crew will soon begin working on a new section of the Cumberland Trail, Stinging Fork to Hinch Mountain. This section is south of Crossville. 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](mailto:VolunteeratCTC@gmail.com).

**Save the Dates: March 3 – 30 and April 1 – 6.**

There is still time to join the CTC breakaway program as it is scheduled through April 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 or for multiple days. Location: Black Mountain Section of the Cumberland Trail near Ozone, TN.

**Trail Building Assistant (Crew)** – seeking applicants for open positions. Apply now!! 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  
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**VICE-CHAIR and CHAPTER REPRESENTATIVE:**  
 Paul Schwab 931-801-9484  
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**OUTINGS COORDINATOR:** Paul Schwab 931-801-9484  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)  
*(call Paul & volunteer to lead an outing)*  
**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 6:00 pm CT,  
 Crow Community Center, 211 Richview Rd.

**Apr 6 - Sewanee Domain. Hike from Green's View along the Perimeter Trail to Piney Point Trail; hike out and back to Piney Point; return to Green's View via Beckwith's Point. 5.5 miles. Moderate.** Paul Schwab 931-645-9068. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 129 miles to trailhead.

**Apr 13 - Warner Park's Connector and Mossy Ridge Trails. 6.5 miles. Moderate.** Ryan Dowdy 615-925-1796. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 50 miles to trailhead.

**Apr 16 - Monthly Chapter Meeting.**

**Apr 20 - Liberty Park, Clarksville. 3.5 miles. Easy.** Paul Schwab 931-645-9068. Meet 9:00 am at the Liberty Park Pond parking.

**Apr 27 - Cedars of Lebanon State Park, Hidden Springs Trail. 5 miles easy, and Cedar Forest Trail, 2 miles, easy.** Bob Lyon 931-648-2354. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 69 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.

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## 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.

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Please check the TTA website for updates on our hikes.

**Apr 7 – Short Springs. Joint hike with Highland Rim Chapter.** 2250 Short Springs Road, Tullahoma. TN. Short Springs is a 420-acre natural area located in Coffee County approximately three and a half miles northeast of Tullahoma. The natural area provides an excellent contrast between Highland Rim and Central Basin geology and vegetation. When descending along the Machine Falls trail, a visitor can observe exposed black Chattanooga shale at mid-slope, which is a formation that delineates the Central Basin from the Highland Rim. Thickets of mountain laurel grow on the upper slopes under a dry oak-hickory forest canopy that is characteristic of Highland Rim vegetation. The lower slopes and riparian areas along Bobo Creek support towering sycamore, buckeye, magnolia, beech, and tulip poplar trees with a rich shrub layer and herbaceous cover. Hike will be approximately 3 miles, moderate because of steep, rough footing. Dennis Horn, an editor of "Wildflowers of Tennessee, the Ohio Valley and the South Appalachians", will lead this 2:00 pm Sunday wildflower hike. After the wildflower hike we will visit Machine Falls, Upper and Lower Busby Cascades, and Laurel Bluff Trail where we will view Laurel Falls. Bring water, snack, hiking sticks and wear sturdy hiking boots. Please contact Ray Edge for carpool information at 931-286-5020 or *edgewoodray051*.

**Apr 28 – Mossy Ridge Trail in Percy Warner Park, Deep Well Entrance. 4.5 miles. Moderate.** Also known as the red trail, due to its identifying red blazes, this scenic loop has been ranked among the best hiking trails in the entire country. The trail winds up and down wooded hills and hollows, crosses several springs and open meadows and offers users a unique opportunity to see the wide variety of plants and animals that may be found in the Park. Two especially nice features are a short spur trail that leads to a "quiet point" and a steep, rocky ridge near Scott Hollow with trail sides carpeted in moss. The Mossy Ridge Trail can be accessed from the Deep Well Picnic Area or the Connector Trail from the Warner Park Nature Center. We will carpool from Tollgate Medical Center at 12:45 pm or you can meet us at the trailhead at 1:45 pm. Contact Jane Coffey at *jecoffey0644@gmail.com* or 615-516-6551.

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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*

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**Apr 6 - McCloud Mountain, Cumberland Trail, Duff, TN. 6 miles. Moderate.** This section of the Trail is moderately easy and runs right along the top of McCloud Mt. above the town of LaFollette. To use the parking area you will need a lunch reservation since McCloud Mt. is privately owned. This hike will include a restaurant lunch and will require an advance registration with the leaders, Robby Paul & Karen Towle, by April 1st. At the mountain top we will first make our menu selection. Then we will drive on to walk the spectacular Chimney Walk Boardwalk to view the magnificent rock formations. Next, we will drive a short distance and hike out on the Cumberland Trail for about 3 miles and return enjoying the panoramic views of the Powell Valley. After the hike we will return to the restaurant for lunch. We will meet at the southeast end of the Wal-Mart parking lot at the I-75/State 61 intersection near Norris at 9:00 am ET. Bring the usual hiking gear. Contact Robby Paul to pre-register at 865-983-6926 or *robby paul@hotmail.com*.

**Apr 13 – GSMNP, Porter Creek and Plemmons Cemetery. 5 miles. Easy.** Porter Creek is known for its spring wildflower displays – between 30-40 wildflowers and plants. The first mile is a graveled jeep road. All along the right side of trail are stone walls, chimneys, foundations and occasional stairways - all signs of the families who made their homes here before the National Park Service moved in during the 1930s. The foundation of Cantwell house is on the right at mile 0.4. At mile 0.7 the trail crosses Long Branch. Up the hill from the bridge and to the right look for cement block steps leading up the bank to the Ownby Cemetery. There's a skeleton of an old car to the right of the trail just beyond the cemetery. Settled by members of the Whaley family in the early 1800s, the Greenbriar area supported 26 families before it became part of the national park, according to the late Carson Brewer. At its peak of development, Brewer reported, Greenbriar Cove supported four grist mills powered by the rushing streams, two churches, two stores and two blacksmith shops. At 1.0 mile the road ends in a turnaround. Porter's Creek Trail continues on to the left. To the right is a spur trail to the Historic Farm Site and John Messer's cantilevered barn and the cabin constructed from the remains of old structures in the area. The cabin was once headquarters of the Smoky Mountains Hiking Club and is maintained by the park for historic purposes. Once you leave the gravel road the trail becomes narrow and winds through deeply shaded forest dominated by hemlocks, magnolia and a heavy undergrowth of rhododendron. The wildflowers thrive in the deep shade. At about 1.4 miles a crooked bridge of two split tree trunks form an angle at a boulder about midway crosses Porter Creek. On the other side are lot of boulders, a great place for a break next to the creek.

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## East Tennessee Chapter – con't.

The variety of wildflowers picks up again after the footbridge, with wild ginger, white and purple-fringed phacelia and many others carpeting the ground here and there among massive buckeye trees and soaring tulip poplars. At 1.9 miles, just after the trail levels, you'll come to a side trail on the left. It leads to Fern Branch Falls, just 100 or so yards away. The fall slides 40 to 50 feet down the boulders to a fern-filled valley below. The elevation gain to this point is about 600 feet. If time permits we will visit Plemmons Cemetery near the intersection of Middle Fork and Porters Creek, where you turn to go toward Ramsay Cascade. Plemmons Cemetery is one of the largest cemeteries in the Park. This additional hike adds about one mile and is relatively flat. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other weather appropriate clothing, a snack, a drink and a camera. We will meet in the Baptist Church of Bearden parking lot for car-pooling and leave at 8:30 am ET and stop at the Cracker Barrel at Strawberry Plains Pike, leaving at 9:00 am for those who would prefer to meet there. Please bring \$\$\$ for car-pooling. After the hike plan on stopping on the way back for a meal and refreshments. For specific information about the hike please call Tom at 865-974-4422 before April 12 or leave a message at 865-588-5622 or send an email to [cressler@utk.edu](mailto:cressler@utk.edu).

**Apr 27 - Third Creek Greenway walk. 5 miles.** We will meet at the parking area across from the tennis courts in Tyson Park at 9:00 am ET and walk the Greenway to Earth Fair. We'll have a snack and head back to our cars. This greenway is heavily travelled with bicycles, so we'll be very alert. If you have any questions, please call Lesley Price 865-254-1193.

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## HIGHLAND RIM CHAPTER

### (Coffee and Franklin Counties)

**CHAPTER CHAIR:** Tom Bentley 931-455-5849

[highlandrim@tennesseetrails.org](mailto:highlandrim@tennesseetrails.org)

**TREASURER/MEMBERSHIP:** Marietta Poteet 931-924-7666

[highlandrimtreas@tennesseetrails.org](mailto:highlandrimtreas@tennesseetrails.org)

**OUTINGS & PROGRAM COORDINATOR & NEWSLETTER**

**CONTACT:** Joan Hartvigsen 931-962-0811

[highlandrimhikes@tennesseetrails.org](mailto:highlandrimhikes@tennesseetrails.org)

*(contact Joan & volunteer to lead an outing)*

**MEETS MONTHLY:** 4<sup>th</sup> Monday at 7:00 pm CT at the D. W.

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

**Apr 6 - Shakerag Hollow Wildflower Hike. Sewanee Perimeter Trail. Sewanee TN. The University of the South Domain. Roark's Cove Road to the eastern University Gates. 2 miles.** 450 foot elevation change. Vehicle shuttle required. This hike omits the dangerous, scary climb up Green's View Cliff. Bring water, snacks, hiking sticks and wear sturdy hiking boots. Joan Hartvigsen and Yolande Gottfried will lead this hike. Yolande Gottfried 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. We will see a great diversity of spring wildflowers. Shakerag Hollow is considered one of the best wildflower areas in the Southeast. Contact Joan Hartvigsen at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 to register.

## Highland Rim Chapter – con't.

**Apr 7 – Short Springs Wildflowers and Waterfalls Hikes.** Short Springs State Natural Area, 2250 Short Springs Road, Tullahoma. Tod Crabtree, State Botanist, will lead the Sunday 10:00 am hike. Dennis Horn, an editor of "Wildflowers of Tennessee", will lead the Sunday 2:00 pm wildflower hike. Jason E. Wells, new State Natural Area Administrator, and Joan Hartvigsen will attend both hikes. The morning hike is about two miles. The afternoon hike is less than four miles and is a joint outing with the Columbia/Franklin Chapter. Steep and rocky in places. Bring water and snack. You will need hiking sticks and sturdy hiking boots. Contact Joan Hartvigsen at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 for more information.

**Apr 19 – Good Friday Hike with the Murfreesboro Chapter. Millennium Trail and Merritt Ridge Trail. Edgar Evins State Park, Silver Point, TN. 8 miles. Moderate.** Steep in places. Spring wildflowers and awesome views of Center Hill Lake. Sara Pollard, Murfreesboro Chapter, and Joan Hartvigsen are the hike leaders. Contact Joan at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 to register and learn carpool plans. Or meet us at the Edgar Evins State Park Visitor Center at 9:00 am CT. Bring water, snacks and lunch and hiking sticks. Wear sturdy hiking boots.

**Apr 20 - Rock Island Waterfalls and Wildflowers Hike. Rock Island State Park. North of McMinnville, TN. 4.8 miles. Moderate.** Downstream Gorge Trail is a 1.6 mile lollipop. It departs from Twin Falls Overlook and continues along the very steep bluff line bordering the Caney Fork River. It features views of the Blue Hole and the Caney Fork River below, Twin Falls, Little Falls and various seeps, as well as many spring wildflowers and rock formations. The trail ends at a lovely beach on Center Hill Lake. Next we hike the Eagle Trail, 1.5 mile round trip, located on the opposite side of Caney Fork River. This trail has an abundant array of wildflowers and songbirds and views of cascades on Caney Fork River. Lunch is at Badger Flat picnic area next to Caney Fork River. After lunch we'll hike the Bluff Trail, a 1.7 mile lollipop which leads to an overlook of Center Hill Lake. In 2018 TTA donated money to purchase land in this area to be included in the Park. We will also visit Great Falls. Bring water, lunch, hiking sticks. Wear sturdy hiking boots. Contact Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 to register and for carpool information. If the group is interested we can have dinner at nearby Foglight Foodhouse Restaurant, which is located on the Caney Fork River.

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## Highland Rim Chapter – con't.

**Apr 22 – Chapter Meeting.** Dinner is 5:00 pm at Las Trojas Mexican Restaurant, 1905 N. Jackson Street, Tullahoma. The restaurant is near Kroger. The meeting is 7:00 pm at D. W. Wilson Community Center. Rosanna Ohlson will present a program on exotic invasive plants. She will also speak about her photography and other topics. Rosanna is an Artist, Photographer, Conservationist, Environmentalist and Writer.

**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](mailto: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](mailto:tonjon1968@gmail.com).

### Planning Ahead:

**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 Murfreesboro 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 Tennesse Mountain and Black Balsam Knob. Contact Joan Hartvigsen, [jhartvigs@comcast.net](mailto: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.

## OFFICERS:

<b>President</b>	Mary Etta Ward	931-581-9906 <a href="mailto:president@tennesseetrails.org">president@tennesseetrails.org</a>
<b>Vice-President</b>	Linda Latter	615-419-4845 <a href="mailto:vicepresident@tennesseetrails.org">vicepresident@tennesseetrails.org</a>
<b>Treasurer</b>	David Bowling	<a href="mailto:treasurer@tennesseetrails.org">treasurer@tennesseetrails.org</a>
<b>Secretary</b>	Melinda Pearson	731-225-4293 <a href="mailto:secretary@tennesseetrails.org">secretary@tennesseetrails.org</a>

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

Mary Etta Ward (2021)	931-581-9906 <a href="mailto:president@tennesseetrails.org">president@tennesseetrails.org</a>
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David Bowling (2021)	<a href="mailto:treasurer@tennesseetrails.org">treasurer@tennesseetrails.org</a>
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Jane Coffey (2020)	615-614-1083 <a href="mailto:board@tennesseetrails.org">board@tennesseetrails.org</a>

## Regional Directors

<b>West TN</b>	Vacancy (2020)	<a href="mailto:westregional@tennesseetrails.org">westregional@tennesseetrails.org</a>
<b>Middle TN</b>	Joan Hartvigsen (2019)	931-962-0811 <a href="mailto:middleregional@tennesseetrails.org">middleregional@tennesseetrails.org</a>
<b>East TN</b>	Garnett Rush (2021)	865-268-5181 <a href="mailto:eastregional@tennesseetrails.org">eastregional@tennesseetrails.org</a>

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

<b>Newsletter Editor</b>	LouAnn Partington	931-393-4835 <a href="mailto:editor@tennesseetrails.org">editor@tennesseetrails.org</a>
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## JACKSON CHAPTER

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**OUTINGS COORDINATOR:** Glen Rognstad 731-217-5966  
*jacksonhikes@tennesseetrails.org*  
*(call Glen & volunteer to lead an outing)*  
**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

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**Apr 2 - Monthly Meeting** at Perkins at 6:00 pm.

**Apr 6 - Collins Gulf near Gruetli-Laager, TN.** It is a long and difficult hike. More information will follow. Please contact Sara or Glen if you plan to hike. *glenrognstad@gmail.com* or *hakim.sara@gmail.com*.

**Apr 27 - Cane Creek Canyon, south of Florence, Alabama.** This is a beautiful area in the spring -- popular for the spring wildflowers, waterfall, and rocky terrain. It can be 8 miles or longer, depending on the group's desire. Meet at Panera Bread in Jackson at 8:00 am for carpooling. Carry snacks and plenty of water. Contact Glen or Sara Rognstad if you plan to hike.

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### 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](http://www.tennesseetrails.org/release.php).

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### 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.

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## MEMPHIS CHAPTER

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

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**Apr 6 - International Harvester Managerial Park, Lakeland. 3 ½ mile hike.** We will hike through Lakeland's International Harvester ("IH") Managerial Park. The park is located adjacent to the Lakeland Senior Center on the west side of Canada Rd, between I-40 and Hwy 70 at 4523 Canada Rd. We will meet in the parking lot at 9:15 am and get underway at 9:30 am. Allow 2 1/2 hours for the hike. We will hike through mostly bottomland forest, although there are some moderately strenuous places with elevation changes in the beginning and at the end. The trail also goes through a nice meadow and along a small lake. There is one shallow water crossing. Be prepared for mud if we have had recent rain. Terrain-appropriate, waterproof footwear and hiking poles recommended. Bring water and snacks. Heavy rain or the threat of severe weather will cancel. Feel free to call or email me if you have questions, 901-482-8640, *mquinlen@gmail.com*.

**Apr 12-14 - Buffalo National River, Jasper AR. Registration required.** Contact Wayne Simpson at *w.simpson1@comcast.net* or 901-385-1988. Friday: Lost Canyon, an easy 2.3 mile hike with spectacular scenery. Saturday, Option 1: Hemmed-In-Hollow, a strenuous 9-mile hike featuring a 209-foot waterfall. Saturday, Option 2: Three moderately easy trails totaling five miles. Pedestal Rocks, featuring views of the canyon and unusual rock formations. Kings Bluff, featuring a 114-foot waterfall. Alum Cove, with a 130-foot long natural bridge. Sunday: Round Top Mountain, a moderate 3.6-mile trail with views of the surrounding area from the top, with an option to do Alum Cove after.

**Apr 20 - Nesbit Park in Bartlett.** Meet at 9:00 am in Nesbit Park parking lot at 5760 Yale Road. Hike starts promptly at 9:20 am. We will hike the White Trail for 5.5 to 6 miles. There are 2 ravine crossings with steep hills and possible water. Sturdy shoes and hiking poles advised. Bring water and snacks. Allow 3 hours for this hike. For information contact Gloria at 901-277-5756. Hike Location: Nesbit Park is on the north side of Yale Road between Bartlett Blvd. and Old Brownsville Road in Bartlett.

**Apr 27 - Chewalla Lake Recreation Area near Holly Springs, MS.** This is a 7-mile moderate hike through woods, along the Chewalla Road Trail to the Pine Mountain Road. Meet at 9:30 am. We start at the trailhead from the MSL-Chewalla Lake Road. Park along the road, near the trailhead. Wear boots, bring water and snack. Rain cancels the hike. For more information call Janet at 901-761-0705. Directions: From US HWY 78 take the Lake Center exit, turn west onto HWY 178, turn north onto Higdon Road and drive 3 miles to the entrance.

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## MURFREESBORO CHAPTER

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**HIKE & MEMBERSHIP COORDINATOR:**  
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*murfreesorobrohikes@tennesseetrails.org*

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

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

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

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**Apr 9 – Chapter Meeting.** Nashville chapter member Libby Francis will present a program on her journey with Nashville friends to Anchorage, Alaska, Denali National Park and the Kenai Peninsula of Alaska. This was 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.

**Apr 19 – GOOD FRIDAY HIKE. Millennium and Merritt Ridge Trails, Edgar Evins State Park, Silver Point. 8 miles. Moderate. Joint hike with the Highland Rim Chapter.** This hike is on a beautiful trail along the hilly shoreline of Center Hill Lake. We will encounter rocky ridges, lakeside bluffs and wooded hollows. Lunch will be near the water's edge where we should be able to see Center Hill Lake. It is possible we will see some early wildflowers too. To register or for more information contact Sara Pollard at 615-714-3630 or [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com).

**Apr 27-28 - Big South Fork National Recreation Area Camp and Hike Weekend. Jamestown, TN. Joint activity with the Highland Rim Chapter.** We will camp at Bandy Creek Campground in A Loop. We have reserved several campsites. You will need to contact Joan Hartvigsen [jhartsvig@comcast.net](mailto:jhartsvig@comcast.net) to secure a campsite. 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 with 400 ft. elevation change, moderate. Burnt Mill Bridge Loop is 4.3 miles with 200 ft elevation change and Twin Arches/Charit Creek is 4.6 miles with 400 ft elevation change, moderate. More information regarding meals will be coming soon. Everyone who registers for a campsite need to contact Joan Hartvigsen at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net). From Murfreesboro (after securing your campsite) contact Tony Jones to coordinate carpool from Murfreesboro at 615-397-4463 or [tonjon1968@gmail.com](mailto:tonjon1968@gmail.com).

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## NASHVILLE CHAPTER

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

**OUTINGS COORDINATOR:** Nancy Juodenas 615-319-8811  
*nashvillehikes@tennesseetrails.org*  
*(email Nancy & volunteer to lead an outing)*

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

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

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**Apr 20 - Nathan Bedford Forrest State Park, Eva, TN. 10 miles. Moderate.** The park is located on the western bank of Kentucky Lake. Within the park is the Tennessee River Folklife Center and Pilot Knob, one of the highest points in West Tennessee, standing 665 feet above sea level. The fertile ridges of this area abound in hardwoods and beneath them a wide variety of ferns, mosses, shrubs and wildflowers. We will hike the 10 mile "red" trail which is described as being a "good day trail of moderate difficulty." The Lake is visible from the trail for the first mile or so, after which it descends, ascends and criss-crosses ridges, hollows, streams and hillsides. Wear sturdy hiking boots and bring snacks, water, lunch and a hiking pole. Meet at 7:30 am, at The Well Coffeehouse at One Bellevue Place. Opens for coffee at 7 am! (7618 Hwy 70 S suite 107, Nashville, TN 37221). For more information and to register contact Doug Burroughs at [dougburroughs@tennessee.usa.com](mailto:dougburroughs@tennessee.usa.com) or 615-587-0085 (leave a message).

**Apr 23 - Chapter Meeting.** Program: Brazilian Adventure on the Rio Negro presented by Kevin Bowden and Danny Shelton. In 2018, Kevin and Danny hiked and birded the largest fresh water archipelago in the world. They lived on a river boat which led them to incredible specialty island birds found nowhere else. Pink Amazon Dolphins were numerous and Giant Otters came in close, all captured on video. You won't want to miss this program! Bring a friend.

**Apr 27-28 - Overnight Backpack on the Obed River section of the Cumberland Trail. Wartburg, TN. 14 miles. Strenuous.** The backpack will start on Saturday from the the Nemo trailhead on the beautiful Emory River, near Wartburg, TN. The trail will follow the bluffs along the Emory until we reach the confluence of the Emory and the Obed Rivers. From there it follows the Obed upstream to Daddy's Creek. We will hike up Daddy's Creek to Daddy's Creek Trailhead, where we will shuttle back to Nemo Trailhead. This is about a 30 minute shuttle. I am not sure where we will camp Saturday night but I'm sure that it will be lovely. We will try to do the greatest part of the 14 miles on Saturday so that we can get off the trail early on Sunday and head home. The hike is rated strenuous because of stretches of rough terrain, otherwise, 14 miles in two days should be easy. For more information and to register contact Karl Dupre at [Karld@comcast.net](mailto:Karld@comcast.net) or 615-207-2250.

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## Nashville Chapter – con't

### Planning Ahead:

**Jun 7-9 - Roan Mountain Camping Weekend.** The group camp has been reserved for this weekend when the rhododendrons should be starting to bloom. We will have one group dinner and one dinner out in the NC town of Banner Elk. Hikes will include a short hike on Friday around the park, Carver's Gap and the Over-mountain Trail on Saturday and a yet to be determined hike on Sunday. Checking out on Monday. This trip will be limited to ten campers/hikers, so get your reservation in early by calling or emailing Nancy Juodenas at [njlj1011@gmail.com](mailto:njlj1011@gmail.com) or 615-319-8811.

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## PLATEAU CHAPTER (Crossville)

**CHAPTER CO-CHAIRS:** Bruce Whitehead 941-716-3620  
[plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org)

**TREASURER:** Gena Whitehead 941-716-3620  
[plateautreas@tennesseetrails.org](mailto:plateautreas@tennesseetrails.org)

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

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

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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](mailto: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.**

### Apr 3 - CT New Section of Trail, Hebbettsburg, TN.

**Long Hike:** This will be an in/out 6-7 miles of newly built trail off Peavine Rd heading North toward Devils Breakfast Table. The trail ends at a water crossing. **Short Hike:** 3-4+ miles in/out. Depart 7:30 am CT from Southwest parking lot of the VF outlet mall on Interstate Drive. Gas cost is \$3. Those in the Fairfield Glade area may join the caravan at 7:45 am at the 4-way stop at the intersection of Peavine Road and Stonehenge Drive. Carpool cost is \$2. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

### Apr 6 - Middle Creek and Slave Falls, Big South Fork, Jamestown, TN. 7 miles. Moderate.

The hike includes multiple unnamed rockhouses, Slave Falls, Indian Rockhouse and Needle Arch. This hike will require a short car shuttle. Bring a sack lunch to eat on the trail. Depart from Cracker Barrel's rear lot at 7:45 am CT. Carpool cost is \$6. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

## Plateau Chapter – con't.

### Apr 10 – John Muir Trail to Maude's Crack, Big South Fork, Jamestown, TN. 6 miles. Moderate due to rugged terrain, stream crossing and elevation change.

Bring water shoes to wade through water. <https://www.nps.gov/biso/learn/historyculture/nobusiness.htm>. This loop that takes us in and out of No Business Gorge and past some of the most interesting natural and historical features found in the Big South Fork National River and Recreation Area, including a 100 foot climb through Maude's Crack. There are relics of an early 20th century settlement along No Business Creek. Depart 7:30 am CT from Cracker Barrel's rear lot in Crossville. Carpool cost is \$6. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch

**Apr 11 – 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](mailto:plateau@tennesseetrails.org) for information.

### Apr 17 – CT Black Mountain New Section to Ozone, Crab Orchard, TN. 6 miles.

There is 1.8mi finished trail then a .5 gap, follow flags, to 1.2 mi of another section of finished trail. **Short Hike:** Turn around at the end of 1.8mi section. Depart VF Outlet Mall at 7:30 am CT. Carpool cost is \$3. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

**Apr 24 – Private Land Hike near Pine Orchard, TN.** We will be exploring private property. Carpool cost is \$5. Don't forget tick/bug spray and sunscreen. Pack water, snacks lunch.

### Apr 27 – 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. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. We will stop to eat dinner on the way home.



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## 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>*

**Apr 2 - Big Soddy Creek to the new bridge and back. 5 miles. Easy to moderate.** Hope to catch the Phacelia and/or Buckeye in bloom. Meet at Durham St. in Soddy Daisy at 8:30 am. Hike Leader, Gloria Nelson- 423-645-9008.

**Apr 6 - From Heiss Mtn Rd Trailhead to Retro Hughes Rd Trailhead. Moderately strenuous. About 9.7 miles.** Meet at Durham Street, Soddy Daisy at 8:30 am. Vehicle staging required. John Politte hike leader. 423-304-8327.

**Apr 9 - Shakerag Hollow Loop, Monteagle. 4.5 miles. Easy to moderate with one short climb through the rocks.** We hope to catch the wildflowers at peak bloom here as they are spectacular. Hike Leaders, Roy and Marti Owensby 423-386-5222.

**Apr 13 - Frozen Head State Park. Spicewood Branch Trail. About 7.2 miles. Moderately strenuous.** Meet at Durham Street, Soddy Daisy at 8:30 am. Tom Mc Elhone hike leader. 805-208-4654.

**Apr 16 - Cloudland Canyon, Sitton Gulf. Approximately 5 miles. Moderate.** Meet at Food City in Red Bank at 9 am. Hike leader: Ed and Donna Pyers 423-344-9271.

**Apr 20 - Roaring Creek to Gilbreath Branch and return. About 9.2 miles. Moderately strenuous.** Meet at Durham Street, Soddy Daisy at 8:30 am. Tom McElhone hike leader. 805-208-4654.

**Apr 23 - Ritchie Hollow Trail. Approximately 4 miles. Easy to moderate.** Boulders, river views, water fall, old moonshine stills. Hike will begin at the Pot Point Cabin at 17805 River Canyon Road (on the river) and end where it intersects the Pot Point Loop Trail near the top of the Tennessee Gorge. Meet at Walmart on Signal Mountain Boulevard parking lot where it borders the old railroad tracks. Hike leader: Trish Appleton 423-332-6517 or 423-240-3443.

**Apr 27 - Frozen Head State Park. Bird Mountain Trail. About 7.1 miles. Strenuous.** Meet at Durham Street, Soddy Daisy at 8:30 am. John Politte hike leader. 805-208-4654.

**Apr 29 – May 1 - Spring Trip to North Carolina**

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## SUMNER TRAILS CHAPTER

**CHAPTER CHAIR:** Les Cleveland 615-719-0031  
*sumner@tennesseetrails.org*  
**Communications Coordinator:** Judy Jenkins. 615-264-7062  
*sumnerprog@tennesseetrails.org*  
**Nature Hike Coordinator:** Jenny Fitzgerald. 615-517-8185  
*sumnerhikes@tennesseetrails.org*  
**Treasurer:** John Jones 615-537-0127  
*sumnertreas@tennesseetrails.org*

We welcome: Jenny Fitzgerald as our Nature Hike Coordinator. Jenny completed the Tennessee Naturalist Program and recently led a nature hike at Long Hunter State Park--before the flood. Judy Jenkins as our Communications Director. Judy, a member since 2011, has led numerous hikes for our chapter. John Jones as our Treasurer. John, a member since 2013, wants to get more involved in hiking.

**Apr 1 - Town Creek Greenway, Gallatin. 3.8 miles. Easy.** Hike begins 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 Les Cleveland e-mail: *lescleve@gmail.com* or call/text 615-719-0031.

**Apr 4 - 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. 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. Those carpooling, meet at 9 am 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 Old Hickory Blvd. (the part north of Nashville), go west for 11 miles and turn right into the Nature Center. Les Cleveland e-mail: *lescleve@gmail.com* or call/text at 615-719-0031.

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## Sumner Trails Chapter – con't.

**Apr 8 - Town Creek Greenway, Gallatin. 3.8 miles. Easy.** See hike description and registration information under Apr 1 listing.

**Apr 9 - Lanier Trail, Ganiem Ridge Trail, and South Cove Trail. Radnor Lake State Park. Nashville. Moderate. 1.3, 3, and 4.5 mile options.** The Lake Trail is 1.3 miles. It is fairly level and part of it is on a paved road. For those wanting more distance, we can turn off the Lake Trail onto the Ganiem Ridge Trail, adding another 1.6 miles. We can also turn onto the South Cove Trail for an additional 1.4 miles. We will meet at the Glenbrook Kroger Parking Lot in Hendersonville (1010 Glenbrook Way) at 9 am or meet at the Visitor Center (1160 Otter Creek Road) at 10 am. Bring good walking shoes or hiking boots. Don't know if it will be muddy, so watch the weather and equip accordingly. Water is essential and hiking poles are your decision. We will decide where to go eat after the hike. Any questions call Marcia Powell at 217-855-3013.

**Apr 11 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles.** See hike description and registration information under Apr 4 listing.

**Apr 18 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles.** See hike description and registration information under Apr 4 listing.

**Apr 22 - Town Creek Greenway, Gallatin. 3.8 miles. Easy.** See hike description and registration information under Apr 1 listing.

**Apr 24 - Burch Woods Trail, Edwin Warner Park, Nashville. 3 miles. Moderate.** Dogs not allowed on this trail but are allowed on other trails. Meet at 9:30 at the Glenbrook Kroger parking lot, 1010 Glenbrook Way, Hendersonville for carpooling, or meet us at the Warner Park Nature Center, 7311 Hwy 100, near Old Hickory Blvd. at 10:15. There are restrooms and interesting displays at the Nature Center. We will take a connector trail to the Burch Woods Trail that leads off from the parking lot behind the Nature Center, crossing Hwy. 100 at a stoplight and connecting to the trailhead in the new Burch Reserve (opened 2018). There is also a parking lot at the trailhead. The Burch Woods Trail is all unpaved and easy on the feet with little in the way of rocks or roots. There are some moderate uphill sections, but the trail is generally easy and is mostly in forest. If you are up to more hiking, you can add the 2 mile Harpeth Woods Trail (dogs on leash allowed) which also leads off from the Nature Center. It takes about the same amount of time as the Burch Woods Trail (1 1/2 hours) and is generally steeper, rockier and full of roots with some muddy areas when weather is wet. After the hike, we suggest lunch at the City Limits Bakery and Cafe, 361 Clofton Dr., Nashville 37221 (Bellevue), about 2 miles from the Nature Center. Contact Donna Thomas at [donnamt2@sbcglobal.net](mailto:donnamt2@sbcglobal.net) or 925-759-0518; or John Thomas at [johndt@sbcglobal.net](mailto:johndt@sbcglobal.net), 925-759-0517.

## Sumner Trails Chapter – con't.

**Apr 25 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles.** See hike description and registration information under Apr 4 listing.

**Apr 27 - Marshall Knobs and Valley View Trails, Barfield Crescent Park, Murfreesboro. 3.5 miles. Easy to moderate.** Along these two loop trails, we'll see cedar glades, limestone outcroppings, sinkholes and a long limestone fence of uncertain origin and purpose. Hiking boots and poles are suggested due to uneven terrain and the possibility of damp trails and slippery rock if recent rains. We'll have a late lunch at The Alley following the hike so bring a snack for the trail if you wish. Meet at the Kroger, Glenbrook Shopping Center, 1010 Glenbrook Way, Hendersonville at 9:00 am CT for carpooling or at the park's Wilderness Station, 697 Veterans Parkway Murfreesboro, TN 37128 at 10:15 am CT. If you need more information or if you are meeting the group at the Wilderness Station, please call or email hike leaders Ron and Judy Jenkins 615-403-0002 or [judy\\_jenkins@comcast.net](mailto:judy_jenkins@comcast.net).

**Apr 29 - Town Creek Greenway, Gallatin. 3.8 miles. Easy.** See hike description and registration information under Apr 1 listing.

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## 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.

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## UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

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

**Apr 6 - Standing Stone State Park** is located several miles west of Tn. Hwy 52, between Livingston and Celina. The Lake Loop trailhead is opposite the Visitor's Center parking lot. The 4.8 mile moderate to strenuous trail consists of a steep descent to the impressive C.C.C. dam, and a steep ascent that levels off before passing the historic Moses Fiske Home. There are several less strenuous elevation changes before arriving at the Overton Lodge. From here a narrow trail treads alongside the steep bank above a segment of the 69 acre lake. On the return leg of the hike we pass two boathouses before returning to the dam, and the steep ascent back to the visitor center. This late season hike should provide great viewing opportunities but trails may be muddy or slippery. Sturdy footwear is essential. Bring water, snacks, and lunch. Meet at 8:00 am at J.C. Penney's in Cookeville to carpool, or at 9:15 at the Standing Stone State Park Visitor's Center. To register contact Lillian Ey at *eyintn@hotmail.com* or 615-478-7461.

**Apr 13 - Collins Gulf Loop, Savage Gulf State Natural Area, Palmer, TN. 12 miles. Strenuous.** Highlights of this hike include Horsepound and Suter Falls, numerous overlooks, and the historic Stagecoach Road built in the 1830s. We will descend into the gulf along the Collins Gulf Trail to Suter and Horsepound Falls. (Those wanting a shorter hike can return to the beginning from Horsepound Falls for a total hiking distance of 5 miles which is rated moderate). We will continue by ascending from the gulf on the Stagecoach Road and then follow the Collins Gulf loop to the beginning. Bring hiking boots, headlamp, snacks, water, and lunch. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 7:30. You can also meet us at the trailhead at 8:30 am CT. For information and to register contact Gary Kimbrell at 931-215-9520 or *Gary.Kimbrell@fbitn.com*.

### Upper Cumberland Chapter – con't.

**Apr 20 - Savage Gulf Waterfalls, Savage Gulf State Natural Area, Altamont, TN. 14 miles. Strenuous.** Highlights of this hike include six of the major waterfalls of Savage Gulf and spectacular spring wildflower displays. The hike begins at the Greeter Falls parking lot. We will see Upper and Lower Greeter Falls before descending into the gulf and taking the side trip to Ranger Falls. We will then continue along the Big Creek Gulf and Connector Trails before ascending from the gulf on the Collins Gulf Trail past Horsepound and Suter Falls. Bring snacks, water, lunch, and hiking boots. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT or at the US Bank across from McDonald's in Sparta at 7:30. For information and to register contact Richard Savage at 931-526-2035 or *savage\_richard@hotmail.com*.

**Apr-27 - Chimney Top Trail, Frozen Head State Park, Wartburg, TN.** We will hike to Chimney Top from the ranger station via the Chimney Top Trail. The view from the top is wonderful. We will lunch at the top and those who want a shorter hike can then retreat along the ridge top to the Spicewood Branch Trail for a total distance of about 9.1 miles. Those wanting a longer hike can proceed to the Lookout Tower for some more great views from atop Frozen Head Mountain returning via the North Old Mac trail for a total distance of 12 miles. Bring lunch, water, snacks, headlamp, raingear, and wear good hiking boots. Elevation changes and the distance covered make both routes strenuous. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT. We will begin the hike from the Frozen Head ranger station around 9:00 am CT. For information and to register contact Gary Kimbrell at 931-215-9520 or *Gary.Kimbrell@fbitn.com*.

### Newsletter Deadlines:

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

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

Please send all submissions to:  
*editor@tennesseetrails.org*

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

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

ADDRESS SERVICE REQUESTED



**NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.**  
To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below.  
**PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!**

**YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM . . .**

- A NEW MEMBER**  
 **RENEWING MY MEMBERSHIP**

Apr 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](mailto:membership@tennesseetrails.org)

**PLEASE, PRINT CLEARLY.**

___ Individual	\$25.00	Name _____
___ Family	\$35.00	Address _____
___ Student (FULL TIME)	\$15.00	City _____ State _____
___ Supporting (\$50.00, \$100.00 or more)		Primary Phone ( ___ ) _____ Zip _____ -- _____
___ Life Member (Individual)	\$500.00	Alternate Phone ( ___ ) _____
___ Life Member (Family)	\$750.00	Primary e-mail _____
		Alternate e-mail _____

For privacy, please do not list the following in the TTA Annual Membership Directory

- E-mail addresses  
 Mailing address  
 Telephone numbers

I would like to receive my newsletter by email.

Please list me with the following chapter:

___ Clarksville	___ Murfreesboro
___ Columbia/Franklin	___ Nashville
___ East TN (Oak Ridge/Knoxville)	___ Plateau (Crossville)
___ Highland Rim (Manchester/Tullahoma)	___ Soddy Daisy
___ Jackson	___ Sumner Trails (Sumner County)
___ Memphis	___ Upper Cumberland (Sparta/Cookeville)
___	___ At Large

When you become a TTA member, you will receive: (1) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes/overnight trips, volunteer opportunities, chapter meeting announcements; (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!**