

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



President's Corner

My childhood was spent going barefoot, playing outside, riding my bicycle all over town, and getting dirty. My family didn't camp, hike nor canoe but I still had a good childhood. Not until my 7th grade son took me to Short Springs Natural Area did I begin my journey of exploring our beautiful state and fulfilling a deep need within myself to be one with nature and to be at peace.

Tennessee is home to 56 state parks and I challenge each of you to head out to a local park and volunteer at least one day eradicating non-native invasive plants, picking up trash, participating in trail work or beautification projects. Our state parks need and value volunteers. Get your hands dirty and tell them Tennessee Trails sent you!

The next TTA Board Meeting is scheduled for May 4 at Nashville Public Library-Hermitage Branch. If you have requests for consideration for Evans Means Grants please submit to committee members (Carolyn Miller, Marvin Caine and Joan Hartvigsen) before the meeting for their consideration. If you have items for the agenda PLEASE submit to the appropriate committees for their review. My aim is to get our meetings more streamlined and to operate through our committees.

Several TTA members attended Mack Prichard's 80th birthday party and it was a wonderful day for him. Park Rangers Randy Hedgepath, Stuart Carroll and Bobby Fulcher were also there and sat at the feet of the master receiving advice and relating what is currently underway. Mack stated he loves receiving our newsletter and seeing all the hikes each club offers and that it makes him feel like he is on the trails again. I thank each club and member for your continued dedicated work.

"Study nature, love nature, stay close to nature. It will never fail you." Frank Lloyd Wright

Mary Etta Ward

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.

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.



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

A big THANK YOU goes out to all the CTC volunteers, College and University Students, CTC Staff and CTC Trail Crew and Tennessee State Park Manager and rangers who participated in the 2019 Alternative Spring Break (ASB) program. A total of 2.6 miles of trail was completed with 41 stone steps built in this section.

Schools participating in the 2019 CTC ASB program were:

Wartburg College, Michigan State University, Cornell College, Boston University, Florida International University, University of Pittsburg, University of South Florida, University of Delaware, Kennesaw State University

Big THANK YOU to all of the Volunteers that helped at this year's Alternative Spring Break. Without your help, the ASB would not have been so successful

Not able to volunteer for ASB, also known as Breakaway? Then consider joining the CTC Trail Crew 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.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Philip Anderson 931-561-0925
clarksville@tennesseetrails.org
VICE-CHAIR and CHAPTER REPRESENTATIVE:
 Paul Schwab 931-801-9484
clarksville@tennesseetrails.org
TREASURER: Mary Schwab 931-645-9068
clarksvilletreas@tennesseetrails.org
SECRETARY: 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.

May 4 - Old Stone Fork State Park (3 trails). 3.3 miles. Moderate. Suva Bastin 931-216-0325. Meet 7:30 am CT, I 24 Exit 11 commuter parking lot near McDonalds. 100 miles to trailhead.

May 11 - Spring Fling DCSNA.

May 18 - Falls Creek Falls SP, Base of Falls Trail, a 1 mile loop, moderate; and Pawpaw Trail, 3 mile loop, moderate. Paul Schwab 931-801-9484. Meet 7:00 am CT, I 24 Exit 11 Park & Ride parking lot near McDonalds. 162 miles to trailhead.

May 21 - Monthly Chapter Meeting.

May 25 - Overnight hike; Frozen Head State Park. 7 miles. Moderate. Ryan Dowdy 615-925-1796. We will secure a camp site at the campground, hike to Fire Tower and back to camp site, overnight and return on 26th. Meet 6:00 am CT, I 24 Exit 11 commuter parking lot near McDonalds. 198 miles to trailhead.

GO GREEN

Electronic Newsletter Available

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

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.

May 4 - Second Quarter TTA Board Meeting. 11:00 am.
Everyone is welcome to attend this meeting. Only the Board
Members are allowed to vote, but if you want to see the
organization in working mode, feel free to attend. Just
contact Marvin Caine or Jane Coffey to carpool to the
meeting.

May 11 - Stillhouse Hollow Falls Work Day. Please bring
small tools, garbage bags, gloves for working to clean up
and restore parts of the trail. We will meet at the McDonald's
at 5431 Main Street in Maury County at 8:00 am or at the
trailhead at 8:45 am. Contact Marvin Caine: 931-626-2754
or *mlcaine@aol.com*.

**May 19 - Cane Creek Canyon Nature Preserve,
Tuscumbia, AL.** Cane Creek Canyon Nature Preserve is a
413-acre private nature preserve in Colbert County,
Alabama, south of Tuscumbia that opened in 1986 and is
owned by Jim and Faye Lacefield. The couple purchased 40
acres of land in 1979 and gradually added land, growing to
over 700 acres. Of the many nature sites in the state, this
one is a little different. Its 713 acres in Colbert County were
purchased, made accessible and opened to the public free
of charge by an idealistic and service-minded couple, retired
educators Jim and Faye Lacefield. The Lacefields opened
the preserve in 1996 and in 2007 placed it in a conservation
easement with the Alabama Nature Conservancy so it will
remain in its natural state, undeveloped, after they are gone.
We will leave from the McDonald's in Columbia at 11:30 am.
McDonald's address is Hwy 31 and Bear Creek Road.
Contact Ray Edge for carpool information: 931-286-5020 or
edgewoodray0514@gmail.com.

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

**May 11 - Schoolhouse Gap Turkeypen Ridge, Finley
Cane, and Bote Mtn Trails GSMNP. 8.6 miles.
Moderate.** This hike will start at the Schoolhouse Gap
trailhead on Laurel Creek Road and hike to Turkeypen
Ridge trail back to Laurel Creek Road, gaining about 300
ft then losing about 400 ft in 3.4 miles. From Laurel Creek
Road we will hike Finley Cane trail to Bote Mt trail, gaining
about 200 ft. in 2.8 miles. The Bote Mt trail will take us
back to Laurel Creek Rd, losing about 300 ft in 1.3 miles.
We recommend shoes to wear to and from the hike, plus
sturdy hiking shoes, a lunch, something to drink, a
camera, and a windbreaker in case it rains. We will meet
in the Central Baptist Church of Bearden parking lot for
carpooling and leave at 8:30 am ET, stopping at Browns
Creek Shopping Center parking lot nearest the Sonic at
1707 E. Alexander Pkwy, across the street from the
Hardees near the hospital in Maryville. We will leave there
at 9:00 am ET. Please bring \$\$\$ for carpooling. After the
hike, plan on stopping at Applebee's in Alcoa for a meal or
refreshments. For specific information about the hike,
please call Tom at 974-4422 or leave a message at 588-
5622 or send an email to *cressler@utk.edu* before May
10.

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.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Tom Bentley 931-455-5849

highlandrim@tennesseetrails.org

TREASURER/MEMBERSHIP: Marietta Poteet 931-924-7666

highlandrimtreas@tennesseetrails.org

OUTINGS & PROGRAM COORDINATOR & NEWSLETTER

CONTACT: Joan Hartvigsen 931-962-0811

highlandrimhikes@tennesseetrails.org

(contact Joan & volunteer to lead an outing)

MEETS MONTHLY: 4th Monday at 7:00 pm CT at the D. W.

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

May 4 – Walls of Jericho State Natural Area, located on Highway 16 near Belvidere, TN. 7 miles. Moderate to difficult. Joint Hike with the Nashville Chapter. 1,000 foot elevation change. Creek Crossings. Marietta Poteet is our hike leader. We will enter the Tennessee side and exit the Alabama side. The hike is 1,000 feet downhill to cross Mill Creek after crossing several creeks and streams. The trail continues along Turkey Creek which is often muddy and slippery. There is another creek crossing to get to the end of the trail. The Walls are a natural beautiful amphitheater which requires some rock hopping to see the waterfalls. The amphitheater has two main waterfalls. The rock work in the amphitheater is fascinating. We will return via the Alabama trailhead which is a 1,000 foot very steep climb. Please bring water shoes for possible water crossings at the Walls. Email Marietta *nannietta@blomand.net* for more information and to register. Bring water and lunch. Bring hiking sticks and wear sturdy hiking boots.

May 11 – Cloudland Canyon State Park, Trenton, Georgia. 45 minutes from Monteagle, TN. Overlook Trail, Waterfalls Trail, West Rim Loop Trail. 8 miles, Moderate. Steep grades. Hike features two beautiful waterfalls, gorge vistas, mountain laurel and rhododendron, cascading streams, towering hemlocks and tulip poplars. Meet at 8:00 am CT at Monteagle Elementary School to form a carpool. Bring water, lunch and hiking sticks. Wear sturdy hiking boots. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811. Cloudland Canyon State Park straddles a 1,000 foot deep gorge cut into Lookout Mountain by the combined waters of Bear and Daniel Creek.

Highland Rim Chapter – con't.

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 Tenneset 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

May 20 – Chapter Meeting. Dinner is 5:00 pm, Red Lobster Restaurant, 1947 N. Jackson Street, Tullahoma. Our meeting is 7:00 pm at D. W. Wilson Community Center. Ken Stewart will present a program on his hike on the West Highland Way in Scotland.

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

May 7 - Monthly meeting.

May 18 - Timberland Park off the Natchez Trace Parkway, less than one mile south of Hwy 96. 5 miles. Easy. Chance to see wildlife and scenery. Meet at Panera Bread in Jackson at 8:00 a. or at park at 10:00 am. Call Melinda Pearson at 731-225-4293 or Anne Goodson at 731-664-1556 if you plan to go. After the hike we will eat at the Farm Table Restaurant just down the road.

MEMPHIS CHAPTER

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

May 4 - Herb Parsons Lake State Park, Fisherville.

Here's an easy 6-mile hike around the lake and through the woods. Meet at 9:30 am at the lake and bring snacks and water. Rain will cancel. For questions contact Nancy at 901-240-1521.

May 11 - T O Fuller State Park, Hike & Chapter Picnic.

We will begin the hike at Shelter #1 at 9:30 am. The hike is a 4-mile continuous loop trail ranging from moderate to strenuous. Wear hiking shoes. Bring water and a snack if desired. We will view the Chucalissa Indian Village and Wetlands. After the hike (approx. 11:45) we will celebrate a great hiking season at TO Fuller Shelter #1. The chapter will provide hotdogs, buns, relish, ketchup, mustard, paper plates, flatware, napkins, drinks, and ice. Please bring your favorite potluck dish, salad, or desert. We hike to eat! There are plenty of picnic tables and benches at the shelter. You may bring a lawn chair if you want. Activities include hiking, walking around the old golf course, visiting the Interpretive Center, perhaps a few lawn games and good conversation. Bring a friend. Rain will cancel hike and picnic. Please register in advance so that we will know how many people plan to eat. Register by email at *mquinlen@gmail.com* or call Marion Quinlen at 901-482-8640. Directions: Go I-240 West to I-55 North, Exit 7 South to Highway 61(3rd Street) drive south approx 1 mile and turn right onto Mitchell Road, continue 3 miles west to the T.O. Fuller Park sign, continue past the Visitor Office on your right, go down the hill and turn right at the sign to Shelter #1. The shelter is about ¼ mile on your left. The hike will leave from the shelter. Restrooms are available.

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.

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:

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

BLOGMASTER

Craig McBride 615-394-6121
murfreesboroblog@tennesseetrails.org

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT, Barfield-

Crescent Park's Wilderness Station, 697 Veterans
Parkway, Murfreesboro

BLOG: www.tennesseetrails.org/blog/murfreesboro

May 5 – Short Springs State Natural Area, Tullahoma. 4 miles. Moderate.

Short Springs is a 420 acre natural area located northeast of Tullahoma. We will hike all the trails that includes beautiful Machine Falls that drops 60 feet. The Busby Falls loop trail leads to the new TVA Bobo Creek Bridge. From there we'll take the Laurel Bluff Trail to see the new stone steps installed by the Friends of Short Springs. To register contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

May 14 – Chapter Meeting. 7:00 pm. Kristin Hopkins, Greenway & Natural Resource Coordinator of the Murfreesboro Parks & Recreation Natural Resource Division will be our guest speaker. She will talk about trail assessment and pinpointing areas at Barfield Park where reroutes and trail improvements are needed. This is our hike planning meeting as well for July through December hikes. Bring your calendars to schedule hikes you want to lead or ideas for hikes. If you want to schedule a hike and cannot attend, contact Jennifer Zahn before the meeting at 615-943-8853 or *jenzahn@gmail.com*.

May 17-19 – Great Smoky Mountains National Park and off the Blue Ridge Parkway camping and hiking. Joint activity with the Highland Rim chapter.

Camping will be at the Mile High Campground located near Maggie Valley, North Carolina at the southern end of the Blue Ridge Parkway. Non campers can stay in nearby Maggie Valley. Friday's hike will include the Balsam Mountain Nature Trail or the Flat Creek Trail to Heintooga Overlook and is about 2 miles rated easy. Saturday's hike is a 13.7 miles loop with a 2,000 ft. elevation change and rated moderate. Trails on this hike are Rough Fork, Caldwell Fork and Hemphill Bald. On Sunday we will hike a 5 mile moderate loop off the Blue Ridge Parkway at Mile Marker 420. This hike on the Art Loeb and Ivester Gap trails offers panoramic views from the treeless mountain tops of Tennent Mountain and Black Balsam Knob. Friday night we will share a meal at the campground and Saturday evening we will eat at J. Arthur's Restaurant in Maggie Valley. To reserve a spot in Mile High Campground, you must contact Joan Hartvigsen at 931-962-0811 or *jhartvigs@comcast.net*. For carpooling information from Murfreesboro contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*. Sign up now, this trip will fill up fast!

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

May 4 – Walls of Jericho State Natural Area, located on Highway 16 near Belvidere, TN. 7 miles. Moderate to difficult. Joint Hike with the Highland Rim Chapter.

1,000 foot elevation change. Creek Crossings. Nancy Juodenas will co-lead with Marietta Poteet. We will enter the Tennessee side and exit the Alabama side. The hike is 1,000 feet downhill to cross Mill Creek after crossing several creeks and streams. The trail continues along Turkey Creek which is often muddy and slippery. There is another creek crossing to get to the end of the trail. The Walls are a natural beautiful amphitheater which requires some rock hopping to see the waterfalls. The amphitheater has two main waterfalls. The rock work in the amphitheater is fascinating. We will return via the Alabama trailhead which is a 1,000 foot very steep climb. Please bring water shoes for possible water crossings at the Walls. Email Nancy Juodenas at njlj1011@gmail.com or call/text at 615-319-8811 for more information and to register. Bring water and lunch. Bring hiking sticks and wear sturdy hiking boots.

May 24-27 - Big South Fork Weekend. Kathie and Karl Dupre have reserved the two best tent sites in Bandy Creek Campground for the Friday, Saturday, and Sunday of Memorial Day weekend. We will hike Honey Creek on Saturday, Pogue Creek Canyon on Sunday, and maybe Lipton Farm or Twin Arches on Monday. All of these hikes are 6-8 miles long and moderately difficult. We can probably get four tents on the two sites, so it's first come first served. The sites are AO38 and AO39 on the park map. You may also reserve your own sites by calling 1-877-444-6777 or online at the National Recreation Reservation Service web site. And if you don't want to camp, just come for one of the day hikes. Contact Karl Dupre at Karl@comcast.net or 615-207-2250 for more information and to register.

Nashville Chapter – con't.

May 28 - Annual Chapter Picnic, Edwin Warner Park, Nashville TN. Shelter 10, 4:00 pm CT until sunset. Following a potluck meal at 6:00 pm, we'll take a twilight walk on the park roads. The chapter will provide tableware, napkins, and ice, but we encourage you to bring your own non-disposable "mess kits" as a more sustainable alternative. If you have a camping lantern and folding chair, you may want to bring those also. The shelters aren't lighted. For the walk, you will want a flashlight or headlamp. Bring friends! This is the only chapter meeting that also includes a hike, so bring along a friend who's been thinking about going beyond walking in the neighborhood. Directions from Nashville: Drive west on West End / Harding. Turn left at the "split" in Belle Meade to go on Highway 100. Continue on Highway 100 for 3.2 miles and turn left on Old Hickory. Drive 0.7 miles over the ridge and turn right on Vaughn Road at the traffic light. In about 0.3 miles, turn right into the Edwin Warner Park Picnic Area. We will be at Shelter #10, almost at the end. When you see a permanent rest room building, turn left and then left again at the fork immediately following. For more information, contact Libby Francis at LibbysLibbys@comcast.net or 615-319-7501.

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 or 615-319-8811.

CONFERENCE HIKES TO CHOOSE FROM

All Times are Central Time

Friday hikes only - the departure time listed is from the FFG Conference Center, however, participants may opt to meet at the designated trailhead and check-in for the conference after the hike. Contact your hike leader to let him/her know if meeting at trailhead.

CUMBERLAND TRAIL HIKES:

Friday - Depart Noon (12 pm) - Arrive Trailhead 12:20 pm.
Leader: Tim Case bikinifun@gmail.com

Black Mountain, Crab Orchard, TN. This is a moderate 6.4 mi in/out hike from the top of Black Mountain take the Upper Loop Trail to the Northern then Southern Overlooks down to the Chimney, Spring House, old home foundation and chimney then down the Below Bluff Trail to the main CT trail down to Windless Cave and return. From the Southern Overlook on a clear day you can see the Smokies and a portion of Grassy Cove below.

Friday - Depart 12 pm - Arrive Trailhead 12:25pm. Leader: Richard Savage savage_richard@hotmail.com

Brady Mountain, Grassy Cove Community, TN. This is a strenuous 6 mi in/out hike up Brady Mountain to the Overlook with amazing views of Grassy Cove below and the Smokies. A short distance past the overlook is an arch and mushroom shaped stacked rocks.

Friday - Depart 10:30 am - Arrive at Stinging Fork Trailhead 11:15am. Leader: Deb Westervelt

plateauhikes@tennesseetrails.org

Saturday - Depart 9 am. Leader: Bruce Whitehead trailwalker80@gmail.com

Stinging Fork State Natural Area and Piney Falls State Natural Area along Soak Creek, Spring City, TN. This is a spectacular 7 mi (4hr one-way) hike in the Stinging Fork State Natural Area featuring a 35-foot waterfall and cascade at the end of the first 1 ½ mile. Due to some elevation gain and possibly slick rocks, the hike is rated moderate to difficult of which 4 mi is strenuous. From the falls we'll head down the new trail along Soak Creek. We'll drop off a car or two at the Soak Creek/Piney River Trailhead before we head up to the Stinging Fork Trailhead.

Saturday - Depart 8 am. Leader: Cheryl Heckler thehecklers@charter.net

Daddys Creek Section, Crab Orchard, TN. Hike is 7.5 moderate miles through the woods passing a rock house and walking along Daddys Creek. The southern trailhead on Hebbertsburg Road is near the TVA power lines to the trailhead at East Keyes Road. There is an elevation change of 324 feet. This hike will require an 8 mi car shuttle.

CUMBERLAND TRAIL HIKES:

Sunday - Depart 8 am. Leader: Evelyne & Elliot Kornreich evie417@gmail.com. Sweep: Bob McGavock rcmcg185@gmail.com.

Black Mountain, Crab Orchard, TN. This is an easy 3 mi hike from the top of Black Mountain going around the Upper Loop Trail to the Northern then Southern Overlooks down to the Chimney, Spring House, old home foundation and chimney then down the Below Bluff Trail along giant boulders and cliffs to the main CT trail turning right and back to the Upper Loop Trail to the parking lot. From the Southern Overlook on a clear day you can see the Smokies and a portion of Grassy Cove below.

ROCK ISLAND STATE PARK HIKE:

Friday - Depart 11 am. Leader: Peter Broehl pabroehl@blomand.net. Sweep: Bob McGavock rcmcg185@gmail.com.

Collins River Loop Trail for an easy 2.7 mi then 1.4 mi on Eagle Trail to the Blue Hole then drive to the other side of the river and hike another mile or so on the upstream and/or the downstream trails.

BIG SOUTH FORK NATIONAL PARK HIKES:

Friday - Depart 10:30 am - Leader: Louise Miniard liminiard@frontiernet.net

Saturday - Depart 8 am. Leaders: Trish Appleton Appleton-p2@comcast.com & Gloria Nelson bigboned@earthlink.net.

Burnt Mill Bridge, near Rugby, TN. We will hike the Burnt Mill Bridge loop near Rugby. It will be about 5 mi with moderate terrain. For the adventurous hikers there is a waterfall off the trail that requires bushwhacking down a ravine to get to the falls.

Saturday - Depart 8 am. Leader: Bob Obohoski rao88@yahoo.com

Honey Creek Loop, near Rugby, TN. This is a 5.7 mile strenuous hike. Honey Creek Loop holds some of our most rugged terrain and it will take your breath away with its beauty of rock bluffs, rock houses, cave and waterfall. You will be using your hands and knees to maneuver through or up and over boulders on parts of this trail. We will also be following the creek bed so you may get wet. This is an all day hike.

Saturday - Depart 8 am. Leader: Louise Miniard liminiard@frontiernet.net.

Loop - Middle Creek, Slave Falls, Needle Arch, Jamestown, TN. This moderate hike will be a combination of the Middle Creek loop and the Slave Falls loop for a total of 9.3 miles. On Middle Creek we will enjoy large rock overhands, rock houses and high cliffs. On the second loop you will see the 60' Slave Falls, Needle Arch and Indian Rock house.

CONFERENCE HIKES TO CHOOSE FROM

BIG SOUTH FORK NATIONAL PARK HIKES:

Sunday - Depart 8 am. Leader: Tim Case bikinisfun@gmail.com.

Loop - John Muir Trail to Maude's Crack, Jamestown, TN. This will be a moderate 6 mile loop hike across (water shoes maybe needed) and along No Business creek. For historical info on the No Business community check out this website: <https://www.nps.gov/biso/learn/historyculture/nobusiness.htm>. Climbing up or down the crack in the rock is strenuous.

Sunday - Depart 8:30 am. Leader: Deb Westervelt plateauhikes@tennesseetrails.org.

Loop - Twin Arches, Jake's Place, Charit Creek Lodge, Jamestown, TN. This is a 6 mile moderately strenuous hike due to the flights of stairs and the continual climb from Charit Creek. The Twin Arches are the largest arches in Big South Fork and quite possibly in the Eastern United States. The South Arch is the highest at 100 feet. After visiting the arches, we pass through several huge rock houses along the base of the cliffs as we wind our way to Jake's Place, the remains of a mid-1800's house and farm. Then we follow the creek to Charit Creek Lodge.

Sunday - Depart 8:30 am. Leaders: Deb & John Martin jr.dmartin77@gmail.com.

Slave Falls, Needle Arch, Jakes Place, Charit Creek Lodge, Jamestown, TN. We start from the Sawmill Trailhead to Slave Falls, Needle Arch, rockhouses, then on to Jake's Place the site of a mid-1800's house and farm and cemetery returning the same route for a total of 8 miles.

PICKETT STATE PARK HIKE:

Saturday- Depart 8 am. Leaders: Deb & John Martin jr.dmartin77@gmail.com.

Hidden Passage Trail, Jamestown, TN. This is a 7-8 mi in fairly flat terrain except for an optional side trail down to an abandoned railroad tunnel. The side trip involves steeper climbing than the rest of the hike.

DANIEL BOONE STATE FOREST HIKE:

Saturday - Depart 8 am. Leader: Deb Westervelt plateauhikes@tennesseetrails.org. Sweep: Kathy Daniels kdaniels242@comcast.net.

Gobblers Arch/Sheltopee Trace, near Jamestown, TN: Approximately 6-mile, almost loop, hike rated moderate. We will cut through thru Big South Fork National Park on Divide Rd dropping off all hikers at the Gobblers Arch Trail then shuttle the cars to Peter's Mountain Trail Head, approx 1 mile. We'll hike the Gobblers Arch Trail to the Kentucky Wild River overlook then down to the Kentucky Wild River where we can cross the knee deep river (optional bring water shoes) to the picnic ground for lunch and restrooms. Then up the Sheltopee Trace Trail following the Mark Branch Creek past rock houses, bluffs and a waterfall. The trail crosses the creek several times although there are plenty of stepping rocks to make most of the crossings, but be prepared to follow the trail thru, across and up the stream to the Mark Branch Falls ending at Peter's Mt. Trail Head.

FROZEN HEAD STATE PARK HIKE

Saturday - Depart 8 am. Leader: John Politte johnpolitte@gmail.com. Sweep: Tom McElhone sarmitta@yahoo.com.

Bird Mountain Trail making a loop hike of 7.1 moderate miles.

Sunday - Depart 8 am. Leader: Tom McElhone sarmitta@yahoo.com. Sweep: John Politte johnpolitte@gmail.com.

Spicewood Branch Trail making a loop of 7.2 moderate miles.

CONFERENCE HIKES TO CHOOSE FROM

FALL CREEK FALLS STATE PARK (NEWLY ACQUIRED AREAS) HIKES:

Saturday - Depart 8 am. Leader: Tim Case
bikinifun@gmail.com.

Virgin Falls State Natural Area, near Pleasant Hill, TN. This is a 9-mile strenuous in/out hike to the 110 foot tall Virgin Falls. Along the way, we will pass Big Branch Falls, Big Laurel Falls (30-foot waterfall), and Sheep Cave Falls. There is a stream crossing and some difficult footing on this hike with much up and down hiking. There is a possibility the water at the stream crossing may be a little high so you may want to bring water shoes.

Saturday - Depart 11 am. Leader: Bill Harris
titan55@charter.net.

Sunday - Depart 9 am. Leader: Peter Broehl
pabroehl@blomand.net.

Lost Creek Cave and Falls, Rylander Cascade, Dog Cove. The Lost Creek Cave hike is about a 1 mile round-trip, which is located in a sink and faces a 60-foot tall waterfall. We will go to the mouth of the cave and maybe a short distance inside and to base of the falls as well as to the top of the falls. Then an easy .5 mi hike to Rylander Cascade about a 1 minute drive from Lost Creek Cave. Dog Cove is on the way to Lost Creek for an easy 4-5 mile in/out hike to a circa 1800s farm home following alongside Lost Creek and crossing the creek a couple of times. Water shoes may be needed if the water is high.



WINDOW CLIFFS STATE NATURAL AREA HIKE:

Saturday - Depart 9 am. Leader: Peter Broehl
pabroehl@blomand.net.

Window Cliffs State Natural Area, Baxter, TN. Window Cliffs is a new TN Natural Area located near Burgess Falls. The trail is in-and-out for a total of 5.4 strenuous miles. The trail features 9 stream crossings each way, a few small cascades, a couple of steep slopes and a 20-ft waterfall along Cane Creek. Water shoes are highly recommended.

CUMMINS FALLS STATE PARK HIKE:

Sunday - Depart 8:30 am. Leader: Louise Miniard
liminiard@frontiernet.net.

Cummins Falls State Park, Baxter, TN. This is only a 4 mile hike, but it can be difficult. There are 3-4 water crossings (possibly knee deep and fast moving) so bring water shoes. There will be an opportunity for swimming below the falls. We can also drive to Waterloo Falls which is next to the road.

OBED WILD AND SCENIC AREA HIKE:

Sunday - Depart 9am. Leader: Howard Owen
owenshb@charter.net.

Lilly Bridge Section, Lancing, TN. We will hike the .4 mi Boulder Trail, 3.8 mi easy Point Trail and .6 mi Overlook Trail for a total of 4.8 mi. For those wanting more challenging and scenic we'll add the .5 Bridge Trail.



CONFERENCE HIKES – CON'T.

CROSSVILLE/FAIRFIELD GLADE COMMUNITY HIKES:

Fairfield Glade (FFG) Community Trails
<http://time2meet.com/gladetrails/> for trail maps

Friday - Depart 1 pm. Leader: Carol Quattrociocchi
quattrociocchi@frontiernet.net.

Glastowbury Trail is 1 mi loop overlooking Lake Glastowbury.

Friday - Depart 1 pm. Leader: Denise Aquista.
Seven Bridges Trail is 2 mi loop along seasonal creeks and some rock formations.

Sunday - Depart 9 am. Leader: Carol Quattrociocchi
quattrociocchi@frontiernet.net.

Overlook Trail is 1.9 mi scenic loop partially along Daddys Creek.

Sunday - Depart 7am. Leader: Stephen Stedman
sstedman@tntech.edu.

2 hour Birding Hike in FFG community.

Leaderless hikes:

Rotherham Trail is 1 mi along seasonal creeks connecting to the **McGinnis Trail** 1.8 mi connecting to the **Good Samaritan Trail** 1 mi connecting to the **Hemlock Trail** 1.5 mi along a seasonal creek with the largest hemlock tree in Fairfield Glade (Combining the above 4 trails into a figure 8 is an approx 8 mi hike or by skipping the Samaritan trail and doing a circle of the 3 remaining trails is a 6 mile hike.)

Saturday – Depart 9am. Leader: Betty Harris
titan55@charter.net.

Crossville Obed River Park 1.5 mi roundtrip and **Plantation Trail** 2.8 mi roundtrip

Leaderless hikes - City of Crossville and County Trails – <http://time2meet.com/crossvilletrails/> for maps and directions

Woodlawn Loop 1.2 mi

Obed River Park 1.5 mi roundtrip

Plantation Trail 2.8 mi roundtrip

Soldier Beach Trail 1.7 mi loop at Meadow Park Lake

Cumberland Mountain State Park – Pioneer Short Loop 5 mi or Pioneer Long Loop 8 mi

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 leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information or to register for any of our hikes (unless otherwise noted), contact the hike coordinator, Deb Westervelt, via email plateauhikes@tennesseetrails.org or text/call 931-267-2243. For a list of monthly hikes, visit the Plateau Chapter blog. **Check the blog one hour prior to hike time for cancellation or for any other updates/changes to our schedule before hiking.**

May 2 – Cloudland Canyon State Park, GA. This is an in and out moderate to difficult 6-7 mile wildflower hike on the Waterfalls Trail and Sitton's Gulch Trail which includes a 600-step staircase on the way to two waterfalls cascading over layers of sandstone and shale into pools below. The park straddles a deep gorge cut into the mountain by Sitton Gulch Creek with elevations from 800 to 1,980 feet. The driving time from Crossville is a little over 2 hours. Depart 7:30 am CT from Trinity Tabernacle Church on HY 127 South. Carpool cost is \$11. Pack water, snacks and lunch.

May 9 – Colditz Cove and Gentleman's Swimming Hole. Colditz Cove features a 1.5 mile loop to the 60 foot high Northrop Falls. A short drive brings us to the Gentlemen's Swimming Hole in Rugby for an additional 2 mile hike. Depart Cracker Barrel at 7:30 am CT. Carpool cost \$5. We can also walk around historic Rugby and eat lunch at the Harrow Road Café or RM Brooks General Store. Carpool cost is \$9. Pack water, and snacks.

May 10 – Plateau Chapter Spring Picnic at Meadow Park Lake. Rain or shine, our Chapter Picnic will be from 5:00 pm to 7:00 pm CT at the Meadow Park Lake picnic shelter. Bring your own meat to grill, and covered dish or dessert to share. Charcoal grills will be ready for grilling by 5:00 pm. Plates, plastic ware, cups, napkins, coffee and iced tea will be provided. Call Carol Quattrociocchi, 931-484-4230 or text 931-787-9083.

May 16 – Standing Stone State Park. Join us on a 7 mile wildflower hike around the Lake and to the historic Fisk House. 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).

Plateau Chapter – con't.

May 19-20 - Savage Gulf Backpack to Hobbs Cabin. Day hikers will hike in 3-4 miles and return while our overnight backpackers will continue on to Hobbs Cabin for a total of 9 miles on Sat and 8 miles on Sun. Depart 7:30 am CT Trinity Tabernacle Church on HY 127 South. Backpackers must contact Deb in order to reserve enough campsites. Carpool cost is \$7. Pack water, snacks and lunch.

May 23 – Pickett SP- Natural Bridge/Hazard Cave/Indian Rockhouse/Lake View Trails. This is an easy to moderate 6 mile loop which includes a natural bridge, and two large rock overhangs, Hazard cave and Indian rockhouse. At Hazard Cave there are signs along the trail that identify the endangered Cumberland Sandwort plant. Take a closer look and you will see parts of the rock carved over time into intricate shapes, and beautifully colored by algae and lichen. Depart 7:30 am CT from back parking lot of Cracker Barrel, junction of HY 127 N & I-40. Carpool cost is \$5. Pack water, snacks and lunch.

May 26 – Great Smoky Mountains National Park – Injun Creek Trail. Depart VF Outlet Mall at 7:30 am CT. Carpool cost is \$10. Pack water, snacks and lunch.

May 30 – Pickett SP-John Muir & Hidden Passage Trails. This will be a moderate 7.05 mile requiring a short car shuttle. Depart from back parking lot of Cracker Barrel, junction of Hwy 127 N & I-40, at 8 am CT. Carpool cost is \$5. Pack water, snacks and lunch.

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.

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>*

May 4 - Piney River from the picnic ground on Shutin Gap Road to the bridge and back. Can go further if hikers desire. 5 plus miles. Hike Leader - Tom McElhone, 805-208-4654. Meet at Durham St. parking lot, Soddy Daisy at 8:30 am.

May 7 - Foster Falls to Small Wilds and back. About 4 to 5 miles. Option to hike to bottom of falls. Easy if you don't go to the bottom of the falls. Meet at Food City in Red Bank at 8:30 am. Hike Leader, Trish- 423-332-6517.

May 11 - Piney River Trail from Newby Branch to Spider's Den and back. About 5 miles. Easy to moderate. Meet at Durham St. Parking lot in Soddy Daisy. Hike Leader, Tom McElhone, 805-208-4654.

May 14 - North Brow of Savage Gulf- Hike out and back. About 5 miles. Easy. Lots of overlooks and a waterfall. Meet at Durham St. parking lot in Soddy Daisy at 8:30 am. Hike Leader- Trish Appleton, 423-332-6517.

May 18 - Signal Point to Edwards Point & Return 5 miles. Moderately strenuous. Meet at the Red Bank Food City parking lot at 8:30 am. John Politte is the hike leader at 423-304-8327.

May 21 - Snooper's Rock to Indian Rockhouse and back. 4 miles. Easy with a few rocks and roots. Or Cumberland Trail to Indian Rockhouse to Snooper's Rock and back. About 5.9 miles. Meet at Food City on Signal Mtn. Blvd. at 8:30 am. Hike leader- Trish Appleton- 423-332-6517

May 25 - Little Soddy Trailhead to the Big Soddy Creek Bridge and return via the Rock Climbers Parking Lot. 6 miles. Moderate. Meet at the Soddy Daisy ballfields on Durham St at 8:30 am. John Politte is the hike leader at 423-304-8327.

May 28 - Lula Lake, Route TBA. Hike Leader- Nancy Allen, 423- 344-1118.

SUMNER TRAILS CHAPTER

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

May 6 - Town Creek Greenway and Lunch, downtown Gallatin. 3.8 miles. Easy. 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 one of the following restaurants: Swaney Swift's, Prince Street Pizza, Lime Deli, or Starr Ranch. All are within one block of the Municipal Parking lot. The Greenway walking surface is composed of concrete and asphalt. Walking shoes are fine. Meet at the Municipal Parking lot, City Hall, 132 W Main St. For information or questions, contact Les Cleveland e-mail: *lescleve@gmail.com* or call/text at 615-719-0031.

May 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. 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.

May 13 - Town Creek Greenway and Lunch, downtown Gallatin. 3.8 miles. Easy. See May 6 for hike details and registration information.

May 14 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles. See May 7 for hike details and registration information.

Sumner Trails Chapter – con't.

May 18 - Window Cliffs State Natural Area. 5.4 mile Strenuous. Join us as we explore one of the newer trails that opened to the public in 2017. This beautiful trail is an out and back hike home to unusual rock formations with a natural cliff bridge high above Cane Creek. Sturdy hiking shoes/boots or waterproof boots are recommended for the trail or an extra pair of water shoes or tennis shoes are suggested for the many stream crossings. While the majority of the trail is moderate, this hike is considered strenuous due to the many water crossings and a very significant incline at the end climbing back up to the trailhead the last 1/3 mile. Most of the creek crossings are very low and we can walk over rocks or just a few inches of water, some have a cable stretched across to hold on to - these have around shin high water usually. No pets are allowed. If a heavy rain occurs just before our hike day we will reschedule. Please bring a lunch with you and we will stop half way through at the cliffs and waterfall area to eat before returning. Plan to get a bit wet and enjoy a beautiful natural area as we explore this gem! Carpool will meet at the Gallatin Kroger at 2011 Nashville Pike at 9 am. We will travel down Hwy 109 and take I-40 to 8400 Old Cane Creek Road, Baxter TN (near Cookeville) and should arrive the trailhead by 10:30. Allow approximately 4 hours for this trail with stops for creek crossings, shoe changes and lunch. Contact Jenny Fitzgerald at *mrzfitz@gmail.com* or 615-517-8185 with questions.

May 20 - Town Creek Greenway and Lunch, downtown Gallatin. 3.8 miles. Easy. See May 6 for hike details and registration information.

May 21 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles. See May 7 for hike details and registration information.

May 27 - Town Creek Greenway and Lunch, downtown Gallatin. 3.8 miles. Easy. See May 6 for hike details and registration information.

May 28 - Sedge Hill, Henry Hollow, and Ridge Top Trails. 3.2 or 7.3 miles. See May 7 for hike details and registration information.

May 30 - Collins West Camp Access Trail and Collins Rim Trail. Savage Gulf State Natural Area, Greutli-Laager, TN. 4 miles out and back. Strenuous due to rocky paths and elevation changes. 350 ft. ascent. We will hike on the access trail to the Collins River, cross the bridge, hike up to the rim, and return to the trailhead. Bring water, snacks, trekking poles, hiking shoes, sunscreen and insect spray. Please meet 9 am at the Gallatin Wal-Mart, 1112 Nashville Pike, or 11 am at the Collins Gulf West Trailhead. (In Greutli-Laager from Hwy 108 go north and on 55th Ave. 2.7 miles to the trailhead.) After hiking we will eat at the Bites of Europe in Manchester. We should be back at the trailhead by 2 the restaurant at 2:30 and back to Gallatin by 5:30. For information, call/text/email Les Cleveland at 615-719-0031, *lescleve@gmail.com*.

OFFICERS:

President

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president@tennesseetrails.org

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vicepresident@tennesseetrails.org

Treasurer

David Bowling
treasurer@tennesseetrails.org

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ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor

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

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Vacancy
uppercumberland@tennesseetrails.org

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

May 4 - Annual planning meeting, lunch and hike.

Please check state calendar at *tennesseetrails.org* for more details. Cathy will also be sending out an informational email to members. Feel free to contact her at *ccmoran04@yahoo.com*.

May 11 - Charlie's Bunion Great Smoky Mountains

National Park, Gatlinburg, TN Our hike begins at Newfoundland Gap and will follow the Appalachian Trail to Charlie's Bunion which is a huge rock outcrop with many views. There will be optional side trip to jump off. The hike is 8 miles (9 with Jump Off) and is rated moderate to strenuous due to uneven and rocky terrain. Bring snacks, headlamp, water, lunch, rain gear and good hiking boots. You can meet us at Penny's parking lot in Cookeville at 7:00 am CT For information and to register, contact Gary Kimbrell at 931-215-9520 or *Garykimbrell1@gmail.com*.

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

Newsletter Deadlines:

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

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

Please send all submissions to:
editor@tennesseetrails.org

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

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

ADDRESS SERVICE REQUESTED



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

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

- A NEW MEMBER**
 RENEWING MY MEMBERSHIP

May 19

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

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

PLEASE, PRINT CLEARLY.

___ Individual \$25.00
___ Family \$35.00
___ Student (FULL TIME) \$15.00
___ Supporting (\$50.00, \$100.00 or more)
___ Life Member (Individual) \$500.00
___ Life Member (Family) \$750.00

Name _____
Address _____
City _____ State _____
Primary Phone (___) _____ Zip _____ -- _____
Alternate Phone (___) _____
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
___ Columbia/Franklin
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ Plateau (Crossville)
___ Soddy Daisy
___ Sumner Trails (Sumner County)
___ Upper Cumberland (Sparta/Cookeville)
___ At Large

When you become a TTA member, you will receive: (1) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes/overnight trips, volunteer opportunities, chapter meeting announcements; (3) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

As a member of TTA, you are welcome to attend any/all TTA hikes or functions.
Not a member yet? Please check out one of our hikes or meetings soon!