

# 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

You may hear a lot about membership and its value. Being a member of Tennessee Trails Association has great value for our members and I want you to know how much I appreciate **YOU** for being a member of this organization and all your many contributions. We share a passion for our environment and the beautiful landscapes of Tennessee. Your support may seem insignificant but because of your membership we are able to promote our state, educate with informative programs, help maintain our trails, give grants and educate our fellow hikers, campers, backpackers and kayakers as to the many awesome gems our great state has to offer, as well as many amazing creeks, rivers and trails that are not as well publicized. Get outside, see the land and enjoy what Tennessee has to offer. We want to be givers to this state, not takers.

As an organization interested in the environment TTA is looking for ways to have an impact. Cultivating change is never easy nor comfortable but a simple way would be through reducing paper consumption and requesting an electronic newsletter instead of mailing paper newsletters. We would be saving trees, cutting down on pollution, saving water, and cutting down the impact on local landfills. In the first six months of 2019 our newsletter printing fees were \$3,000 plus \$2,000 for postage. I encourage you to Go Green and receive your newsletter by email. Sometimes we are reluctant to change but WE need to be a part of protecting the environment.

*Mary Etta Ward*  
President

## 2019 TTA Board of Directors Meeting

Sunday, Oct 20: 9 AM

Fairfield Glade Community  
Conference Center

## GO GREENER

You may have noticed a change to the membership form on the last page of the newsletter. In an effort to be more environmentally friendly and reduce our printing and mailing costs, we will be transitioning to e-mail as the default setting for our monthly newsletter. This will happen on your renewal date. You will have the opportunity to stay with a monthly hard copy.

The benefit to you? You'll receive your newsletter earlier in the month so you'll be able to plan for upcoming hikes and events.

You don't need to wait until your renewal date. If you'd like to switch over to an e-mailed newsletter now, please contact Cheryl Heckler at [membership@tennesseetrails.org](mailto:membership@tennesseetrails.org) and please include your email address.

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## 2019 TTA ANNUAL CONFERENCE UPDATE

The Plateau Chapter will host this year's Annual Conference at the Fairfield Glade Community Club Conference Center October 18-20. Fairfield Glade Community Club <https://fairfieldglade.cc> is a planned community and Wyndham Resort. The reservation form and proposed hikes are included in this newsletter. Registration forms that include orders for T-shirts need to be received by Sep 10th in order to get the shirts in time. Registrations without shirt order are due no later than Oct 10th. Looking forward to meeting you!



**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)

Love the Cumberland Trail and want to help complete the trail?

We have opportunities for you.

Join the trail crew for a day or more. This is your chance to walk on the trail before it is open to the public.

- The CTC Trail Crew is working on a new section of the Cumberland Trail, Stinging Fork to Hinch Mountain. This section is south of Crossville.
- Members of the crew are also working in the Catoosa Wildlife Management Area. Both locations are near 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).

Paid trail crew employee: want to really build the Cumberland Trail, then consider joining our trail crew as a paid employee. We are hiring Trail Crew members. No experience is necessary as we will train you. Contact the CTC office to apply.

As a non-profit organization, monetary donations are also appreciated to support the work of the CTC crew and staff.

## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** Philip Anderson 931-561-0925  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**VICE-CHAIR and CHAPTER REPRESENTATIVE:**  
 Paul Schwab 931-801-9484  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**TREASURER:** Mary Schwab 931-645-9068  
[clarksvilletreas@tennesseetrails.org](mailto:clarksvilletreas@tennesseetrails.org)  
**SECRETARY:** Mary Ann Harris 931-647-9321  
[clarksvillesecy@tennesseetrails.org](mailto:clarksvillesecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Paul Schwab 931-801-9484  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)  
*(call Paul & volunteer to lead an outing)*  
**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 6:00 pm CT,  
 Crow Community Center, 211 Richview Rd.

**Sep 7 - Collins Gulf Trail, South Cumberland State Park. 12.4 miles. Difficult.** Paul Schwab 931-801-9484. Meet 6:00 am CT, I 24 Exit 11 commuter parking lot near McDonalds. 142 miles to trailhead.

**Sep 14 - Red River Canoe or Kayak float from Adams, TN to Port Royal SP. 6.7 miles.** It should take from 3 to 5 hours. **You will have to supply your own canoe or kayak.** Bob Lyon 931-648-2354. Meet 8:00 am Port Royal State Park parking area, Adams, TN.

**Sep 17 - Monthly Chapter Meeting.**

**Sep 21 - Cumberland River Greenway, MetroCenter Levee. 3 miles out and back. Paved, easy.** The greenway runs directly along the Cumberland River for nearly all of its length, providing hikers with likely the most uninterrupted views of the river in all of Nashville. After the hike those who wish can visit the Farmers Market and the TN State Museum both at Bicentennial Capitol Mall. Paul Schwab 931-801-9484. Meet 8:00 am CT, Madison St. Food Lion (across from Sango Walmart) parking lot, Clarksville, TN. 36 miles to the trailhead.

**Sep 28 - Springfield Greenway, Travis Price Park, Springfield, TN. 6 miles out and back. Easy.** Eat at Depot Restaurant in Springfield after the hike. Suva Bastin 931-645-2849. Meet 9:00 am CT, I 24 Exit 11 commuter parking lot near McDonalds. 25 miles to trailhead.

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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.

Hike information unavailable at press time.

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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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### 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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## 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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**Sep 14 - Frozen Head State Park. Bird Mountain, Cumberland Trail-Ross Gap. 7.5 miles. Moderate.** Join us on a hike in the Cumberland Mountains. We will park at the Park Headquarters and hike the road and the Bird Mountain Trail to the top of Bird Mountain and the Cumberland trail, about 3 miles., gaining about 1400 feet. We will follow the Cumberland Trail south for about 1.5 miles to Ross Gap, losing about 200 feet, then turn down the mountain on an old coal haul road to an unnamed trail which we will follow to Flat Fork Creek, losing about 1200 feet. Depending on the water level in Flat Fork Creek, we may or may not ford the creek on our way back to the vehicles. We will meet in the Bearden Central Baptist Church parking lot for carpooling and leave at 8:30 am stopping in Oak Ridge at the Books A Million park area close to the road. We will leave there at 9:00 am for those who would prefer to meet there. 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. Please bring \$\$\$ for carpooling. After the hike plan on stopping on the way back for a meal and refreshments. For specific information about the hike, please call Tom before Sep 13 at 865-588-5622 or send an email to [cressler@utk.edu](mailto:cressler@utk.edu).

**Sep 21 - Cherohala Parkway. 6 miles.** We will begin our hike at Huckleberry Knob parking area and proceed to Hooper Bald, crossing the parkway to a magnificent view. Of course the weather must cooperate for the best experience. We'll stop at the famous Tellico Grain for great pastries. Let's meet at Denny's parking area at the Watt Road exit off I-75 south (close to the outer perimeter) at 8 am ET. Any questions, please call Rosie 865-985-9144 or [rosemary\\_1@hotmail.com](mailto:rosemary_1@hotmail.com).

**Sep 28 - Ride the world famous Virginia Creeper.** Use your own bike or rent one from Blue Blaze Bike and Shuttle. Make your reservations well ahead of time. Ask for the 10:30 am shuttle in Damascus for your ride to Whitetop to start your 17 mile bike ride back to Damascus. It's mostly all downhill, with little exertion. For specific information about this event, call Tom at 865-588-5622 or email Tom at [cressler@utk.edu](mailto:cressler@utk.edu).

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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.

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**Sep 4-6 – Santeetlah Lake Paddle and Camping and hiking in Nantahala National Forest Trip.** Camp at Cheoah Point Campground. 1373 Thunderbird Mt. Road, Robbinsville, NC. U.S Forest Service Campground. Right off U.S. Hwy 129 near the eastern end of Cherohala Skyway. Cheoah Point Campground has seventeen non-electric sites which cannot be reserved in advance. Six sites are electric and can be reserved. Many of the sites have awesome views of Santeetlah Lake, which is surrounded by the Nantahala National Forest. The campground has a boat ramp and swimming beach. When not paddling, we can hike in the Nantahala National Forest, trails off Cherohala Skyway or the Fontana/Twenty Mile Area of Great Smoky Mountains. Points of interest include nearby Yellow Creek Falls and Joyce Kilmer Memorial Forest and Shuckstack on the Appalachian Trail near Fontana Lake. Contact Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811.

**Sep 14 – Sewanee Perimeter Trail, Roark's Cove Road to Lake Cheston. About 13 miles. Moderate. Joint hike with the Murfreesboro Chapter.** Little elevation change. Hike omits Green's View Cliff and Proctor's Hall. Vehicle shuttle required. This "lion's share" of the Perimeter Trail includes most of the pristine sections and beautiful overlooks, two lakes, interesting geological features and plenty of uplands deciduous forests. Bring a lot of water, lunch, hiking sticks and sturdy hiking boots. Please register with Joan Hartvigsen at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811. Meet at 8:00 am CT at the Lake Cheston Parking lot in the University of the South in Sewanee.

**Sep 21 – Cloudland Canyon State Park, Trenton, Georgia. Just one hour from Monteagle. Overlook Trail, Waterfalls Trail and West Rim Trail. 7 miles. Moderate.** Contact Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 for information on a carpool leaving from Monteagle Elementary School. Bring a lot of water, lunch, snacks, hiking boots and hiking sticks.

**Sep 23 – Chapter Meeting.** Dinner at 5 pm at Las Trojas Mexican Restaurant, 1905 N. Jackson Street, Tullahoma. Meeting is 7 pm at D. W. Wilson Community Center. Program: History of TTA, presented by Jim Poteet.

Highland Rim Chapter – con't.

#### Planning Ahead:

**Oct 2-4 – Cardens Bluff Campground and Watauga Lake. Elizabethton, TN. Camping, paddling and hiking weekend.** Cardens Bluff Campground is on a peninsula jutting into beautiful Watauga Lake. Many of the campsites have awesome lake views. Watauga Lake is surrounded by the Iron Mountains, the Stone Mountains and Pond Mountain Wilderness. The lake is in the Cherokee National Forest. The Appalachian Trail follows the northern shoreline. Contact Joan Hartvigsen for space in the reserved campsites, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811.

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#### Volunteer Needed: TTA Newsletter Production Manager / Wrangler

After 17 years of coordinating the monthly production of the TTA Newsletter, Diana Manas will be retiring within a few months. TTA is looking for someone to step up and work on this.

The TTA Newsletter is produced every month, but it is possible to work the arrangements out farther than a month ahead. Also, even though logistics require that the Newsletter be printed, assembled, and mailed in the Nashville area, it is not a necessary requirement for the Newsletter Production Manager task to live in Nashville. Producing the Newsletter requires working with the TTA Newsletter Editor, the Printer, the TTA Membership Director, and with the pool of Nashville Area volunteer hosts for the Newsletter Party. It is at the "party" where the newsletters are collated, labeled, sealed, and stamped to get them ready for mailing.

The bottom line is that all of the steps in the process are lined up so that TTA Members get their Newsletter at least a few days before the first hikes of the month. Further information is available on request. Contact: [president@tennesseetrails.org](mailto:president@tennesseetrails.org).

Tennessee Trails prints and mails about 300 Newsletters each month. If you would like to help TTA save printing and mailing expenses as well as save a few trees, you can choose to have your Newsletter delivered by email as a PDF document that can be read online or printed at home.

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## 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:** 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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**Sep 8 - Annual picnic** at 3:00 pm. Natchez Trace Park, Shelter 1 at Cub Lake. Optional, we can take a short hike after we eat. Darren will prepare the meats. Another email will follow prior to the picnic with the meats he will grill so we will know what sides to bring.

**Sep 21 - Ramsey Cascades, Gatlinburg. 8 miles. Moderate.** The trail crosses the Little Pigeon River on a long and springy bridge. It then climbs gradually through a forest of hemlock and mixed hardwoods. There is also a three-trunked witchhazel at the side of a stream. You will pass through a tunnel of rhododendron and mountain laurel. You will cross a log foot-bridge across the creek. The trail continues to climb, entering one of the largest pockets of virgin forest in the Smoky Mountains. The trees seen here include hemlock, yellow poplar, black cherry, silver-bell, yellow and sweet birch, and cucumber magnolia. The trail becomes narrower as it climbs through boulder passages and eventually emerges at Ramsay Cascades, a 90-foot spillway. It is the highest waterfall in the Smokies. Please contact Jeff Chambers *chambers.jeffreyb@gmail.com*. There are many motels and camping areas in the vicinity. We will meet at the parking lot of the Landshark Restaurant near Hwy 321 and the main "strip" in Gatlinburg at 8:30 am. Proceed east on Hwy 321 about 5.9 miles turning right on Greenbrier Road and travel about 3.2 miles. Turn left at the sign for Ramsay Cascades. The road deadends at the trailhead.

**Sep 28 - International Festival in downtown Jackson, TN.** The Jackson chapter will have a booth set up promoting TTA and hiking. This is an event that is getting bigger each year and this is a great opportunity to encourage hiking and recruiting new hikers. Please contact Melinda Pearson at *hurstme@bellsouth.net* or Terry Warren if you have any items of interest that we could use for our display. The festival starts at 10:00 a.m. and ends around 2:00 p.m.

Jackson Chapter – con't.

### Planning Ahead:

**Oct 6 - Meet on the west side of Union University** to hike around the bike/hiking trail across from Union University. Hike/walk will begin at 2:00 pm. Contact Anne Goodson at *goodam3551@gmail.com* if you plan to attend.

**Oct 18-20 - Annual conference in Crossville.** Please let Melinda Pearson know if you plan to attend.

**Oct 26 - Big Hill Pond near Ramer/Pocahontas, TN. Moderate.** This trail contains a variety of upland, meadowland, and wetland. Its high point is 611 feet and its lowest point is 380 feet. The swamps and the shallow lake of Big Hill Pond were created in 1857 by the railroad embankment. The diversity in landscape provides for a diversity in plants and bird life. Please contact Howard Ropp at *howardropp1@gmail.com* if you plan to attend. We will meet at Panera Bread in Jackson at 8:00 am.

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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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**Sep 28 - Village Creek State Park, Wynne, AR.** Start off the fall hiking season with a hike at Village Creek, near Wynne, Arkansas. This is a moderate 5-mile hike along the Old Wagon Road west and the Trail of Tears with several hills. Meet at the park visitor center at 9:30 am. Bring lunch or snacks, water, wear hiking boots. Last year we had to wade through water in at least one place, come prepared for that possibility, (example: extra socks, a towel to dry your feet or waterproof shoes/boots). We will eat lunch at the campground after the hike. For additional information call Linda at 901-489-9157. Rain cancels hike.

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## MURFREESBORO CHAPTER

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

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

**MEMBERSHIP COORDINATOR:** Jennifer Zahn 615-943-8853  
*murfreesoroblog@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)

**Sep 10 – Chapter Meeting.** Road Trip! The world's first recorded long distance road trip by car travelled a distance of 66 miles and a maximum speed of 10 miles per hour. Chris and Charles King of Smyrna drove more miles and at a faster speed on their exciting road trip from Tennessee to Colorado and back. Come hear about their adventure and tips for planning your next road trip.

**Sep 14 – Sewanee Perimeter Trail. 13 miles. Moderate. Joint hike with Highland Rim Chapter.** Hike starts at Roark's Cove Road and ends at Lake Cheston with little elevation change. There is a shuttle required. The hike from Roark's Cove Road to the forestry cabin is one of the nicest sections of the 20 mile Perimeter Trail. Along the way we'll pass KA Point, Cherry Point and Rutledge Point that overlook Roark's Cove. After the forestry cabin the hike goes along the bluff with sweeping views of Hawkins and Miller Coves. We will pass two lakes and interesting geological features. Bring plenty of water, snacks and lunch. Meet in the Lake Cheston parking lot at the University of the South (Sewanee) at 8:00 am CT. For more information or carpool information from Murfreesboro contact Sara Pollard at 615-714-3610 or [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com).

**Sep 21 - Downtown Nashville Urban Hike. Approximately 4 miles. Moderate** for concrete and hard surface terrain. We will park (near) the Nissan Stadium and cross the John Seigenthaler Pedestrian Bridge onto Broadway. We will explore the "honky tonk" area and then turn at Bridgestone Arena for a walk up 5th Avenue towards the Tennessee State Capitol. We will visit the Bicentennial Mall and have lunch at the Farmer's Market. We will return via the historic 2nd Avenue then back across the pedestrian bridge. We will see lots of new buildings, lots of neon signs, the Ryman, TPAC, the Tennessee State Capitol, the Music City Center, the Country Music Hall of Fame and the Schermerhorn, among others. This will be a leisurely walk around town with some historical perspective thrown in and a wonderful opportunity to photograph an ever (and quickly) changing Nashville skyline. For information or to register contact Tony Jones at 615-397-4463 or [tonjon1968@gmail.com](mailto:tonjon1968@gmail.com). \*\*\*Due to the limited amount of parking downtown, it is important that we carpool from Murfreesboro. Those coming from other areas are free to park in the vicinity of the meeting place. Because of this issue, I request that you pre-register with me for this hike to get the starting point.

## Murfreesboro Chapter – con't.

**Sep 28 - National Public Lands Day. Barfield Crescent Park.** National Public Lands Day was established in 1994 and is held annually on the fourth Saturday in September. National Public Lands Day is the nation's largest single day volunteer effort. Volunteering on this day is a great opportunity to spend time with family and friends and enjoy the many benefits that come from connecting with nature. Come join us for trail maintenance at Barfield Park from 8:00 am until 11:00 am CT. Bring gloves, sturdy shoes, a snack and water. For more information or to sign up, contact Sara Pollard at 615-714-3610 or [sarabpollard@gmail.com](mailto:sarabpollard@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)

**Sep 4 - Radnor Lake State Park, Nashville TN. 5 miles. Moderate.** Start time is 7 am. Meet by the Visitor Center, West Parking Lot off Granny White: 1160 Otter Creek Road. The hike has elevation gains on both Ganier Ridge and South Cove Trails. We usually walk at a moderate pace and finish up around 9 am. There are several opportunities to take shorter and flatter alternatives if you want to make it an easier hike.

**Sep 8 –Flat Rock SNA. 4 miles. Easy.** Flat Rock is a lesser used and beautiful example of middle Tennessee cedar glades and barrens. Hikers can meet at the East Thompson Lane Kroger in Nashville at 10:30 am or at the Flat Rock trailhead at 11:30 am. Those interested will head over to Carmen's Taqueria afterwards. Please register with Mark Hubbard: [mark.hubbard@mhub.us](mailto:mark.hubbard@mhub.us) or 615-715-1517.

**Sep 11 - Radnor Lake State Park, Nashville TN. 5 miles. Moderate.** See Sep 4 hike description for details.

**Sep 14 - Natchez Trace area - various trails. West of Spring Hill, TN. 5-6 miles total before lunch. Moderate.** Meet at 7:30 am in Franklin. We'll decide on a combination of: Gordon House and Ferry (1 mile), Devil's Backbone (3 miles), Stillhouse Hollow (1.5 miles), and/or Meriwether Lewis Loop (3.5 miles). We'll finish in time for lunch at the Mt. Pleasant Grille. For more information on meeting arrangements and to register contact Doug Burroughs at [dougburroughs@tennessee.usa.com](mailto:dougburroughs@tennessee.usa.com) or 615-587-0085 (leave a message).

*Con't next page*

## Nashville Chapter – con't.

**Sep 18 - Radnor Lake State Park, Nashville TN. 5 miles. Moderate.** See Sep 4 hike description for details.

**Sep 24 - Monthly Chapter Meeting.** 7:00 pm. Rick Lausten will present "Hiking in Western Ireland". He and his group hiked along the Cliffs of Moher, 47 miles of the West Connemara Way and 52 miles of the Dingle Way. They also took a tour of the "Ring of Kerry", explored Killarney and had a medieval banquet at Bunratty Castle. Come see why Ireland is favorite destination for many people.

**Sep 25 - Radnor Lake State Park, Nashville TN. 5 miles. Moderate** See Sep 4 hike description for details.

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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.**

**Sep 4 - Big South Fork, Laurel Fork Creek Trail, Jamestown, TN. Long hike:** This an easy to moderate 7 mile in/out hike starting from the Jack's Ridge Loop Trailhead then East on Laurel Fork Creek Trail and return. **Short hike:** Hikers may stop anywhere along the creek to wait for the other hikers to return or head back to the trailhead. In case the creek is high, bring water shoes because we will crisscross the creek a few times. Also bring water, lunch and snacks. Depart 7:30 am CT from the Crossville Cracker Barrel. Carpool cost is \$6.

**Sep 7 – Pickett State Park, Jamestown, TN to Pogue Creek, Jamestown, TN.** This will be a 6.6 mile moderate hike in Pogue Creek Gorge to the Pickett SP picnic area which will require a car shuttle. Features include rock houses, rock bluffs and an overlook. Depart 8 am from Crossville Cracker Barrel. Carpool cost is \$5.

## Plateau Chapter -con't.

**Sep 11 – Split Bow Arch, Bear Creek Overlook, Big Shoals, Daniel Boone National Forest, KY. 7 miles in/out. Moderate.** After seeing the arch and overlook we'll hike along the Kentucky Wild River to Big Shoals and return. Depart 7:30 am CT from The Crossville Vanity Fair Outlet Mall West parking lot on Interstate Drive. Carpool cost is \$10. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

**Sep 12 – Plateau Fall Picnic** at Meadow Park Lake. Hike Soldier Beach Trail at 4 pm with picnic starting at 5 pm at the marina pavilion. The grill will be hot and ready to grill your favorite meat or veggies. Also bring a dish to share and BYOB. Plates, plastic ware and napkins will be provided. Contact Carol Q if you have any questions at 787-9083 or Chapter Chair, Bruce Whitehead, 941-716-3620 or email [plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org).

**Sep 18 – CT Laurel Falls, Dayton, TN.** We will hike the trail to beautiful Laurel Falls (past an old coal mine and over some small streams on bridges) to several options of your choice: 2.1 miles one-way on CT to 150-foot bridge; Laurel Falls spur 2.4 miles one-way; Bryan overlook is 3.3 miles one-way. There are some short strenuous portions uphill. Depart from Trinity Tabernacle Church at 7:30 am CT. Carpool cost \$6. For additional information contact the hike coordinator, Howard Owen 931-484-1328 or email [plateauhikes@tennesseetrails.org](mailto:plateauhikes@tennesseetrails.org).

**Sep 25 – Honey Creek, Big South Fork, near Rugby, TN.** We'll pick a 4 or 6 mi version depending on how hot it is and the group's energy. The footing is significantly more difficult than our typical hike so either the 4 or 6 mi hike will be a good work out. Also a portion of the hike is in a creek bed, so if we get a bunch of rain in the next couple days, we'll pick another Big South Fork hike. A hundred yards or so of the creek bed is insanely slippery and must be hiked with extreme care. Meet at Cracker Barrel's rear parking lot at 6:45. Figure \$6 for gas.

**Fall Weekend Getaway – Official dates and details to come. Check the blog for updates.**



## CONFERENCE HIKES

All Times are Central Time Departing from the Conference Center unless stated otherwise.

### FRIDAY

**Cumberland Trail, Black Mountain, Crab Orchard, TN. 6.4 mi in/out. Moderate.** Leader: Dawn Johnson. Depart 12 pm, arrive trailhead 12:25 pm.

**Cumberland Trail, Brady Mountain, Grassy Cove Community, TN. 6 mi in/out. Strenuous.** Leader: Richard Savage [savage\\_richard@hotmail.com](mailto:savage_richard@hotmail.com). Depart 12 pm, arrive trailhead 12:25 pm.

**Cumberland Trail, Stinging Fork State Natural Area and Piney Falls State Natural Area along Soak Creek, Spring City, TN.** This is a spectacular 7 mi hike. Leader: Deb Westervelt, [plateauhikes@tennesseetrails.org](mailto:plateauhikes@tennesseetrails.org). Depart 10:30 am, arrive at trailhead 11:15 am.

**Rock Island State Park, Rock Island, TN. Combination of trails for 5.1 mi.** Leader: Peter Broehl, [pbroehl@blomand.net](mailto:pbroehl@blomand.net). Sweep: Bob McGavock, [rcmcg185@gmail.com](mailto:rcmcg185@gmail.com). Depart 11 am.

**Big South Fork- Burnt Mill Bridge, near Rugby, TN. 5 mi with moderate terrain.** Leader: Louise Miniard, [liminiard@frontiernet.net](mailto:liminiard@frontiernet.net). Depart 10:30 am.

**Fairfield Glade trails figure 8 is an approx 8 mi hike or skip the Samaritan trail for a 6 mile hike.** Leader: Evelyne & Elliot Kornreich [evie417@gmail.com](mailto:evie417@gmail.com). Depart 1 pm.

**FFG Glastowbury Trail is 1 mi loop** overlooking Lake Glastowbury. Leader: Carol Quattrociocchi [quattrociocchi@frontiernet.net](mailto:quattrociocchi@frontiernet.net). Depart 1 pm.

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

### SATURDAY

**Cumberland Trail, Stinging Fork State Natural Area and Piney Falls State Natural Area along Soak Creek, Spring City, TN.** This is a spectacular 7 mi hike. Leader: Bruce Whitehead [trailwalker80@gmail.com](mailto:trailwalker80@gmail.com). Depart 9 am.

**Cumberland Trail Daddys Creek Section, Crab Orchard, TN 7.5 miles. Moderate.** Leader: Cheryl Heckler [thehecklers@charter.net](mailto:thehecklers@charter.net). Depart 9 am.

**Big South Fork- Burnt Mill Bridge, near Rugby, TN. 5 miles. Moderate.** Leaders: Trish Appleton [Appleton-p2@comcast.com](mailto:Appleton-p2@comcast.com) & Gloria Nelson [bigboned@earthlink.net](mailto:bigboned@earthlink.net). Depart 8:30 am.

**Big South Fork, Honey Creek Loop, near Rugby, TN. Stunning 5.7 miles. Strenuous.** Leader: Bob Oboboski [rao88@yahoo.com](mailto:rao88@yahoo.com). Depart 8:30 am.

**Big South Fork Loop, Middle Creek, Slave Falls, Needle Arch, Jamestown, TN. 9.3 miles. Moderate.** Rockhouses galore, waterfall, and an arch. Leader: Louise Miniard [liminiard@frontiernet.net](mailto:liminiard@frontiernet.net). Depart 8 am.

**Daniel Boone State Forest, Gobblers Arch/Sheltowee Trace, near Jamestown, TN: 6 mile loop. Moderate.** Features arch, waterfall and river crossing. Leader: Deb Westervelt [plateauhikes@tennesseetrails.org](mailto:plateauhikes@tennesseetrails.org). Depart 8 am.

## SATURDAY

**Pickett State Park, 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. Leaders: Deb & John Martin [jr.dmartin77@gmail.com](mailto:jr.dmartin77@gmail.com). Depart 8:30 am.

**Frozen Head SP, Bird Mountain Trail. 7.1 mile loop. Moderate.** Leader: John Politte [johnpolitte@gmail.com](mailto:johnpolitte@gmail.com). Sweep: Tom McElhone [sarmitta@yahoo.com](mailto:sarmitta@yahoo.com). Depart 8 am.

**Virgin Falls State Natural Area, near Pleasant Hill, TN. 9-mile strenuous in/out hike** to the 110 foot tall Virgin Falls plus 3 other waterfalls and a creek crossing. Leader: Tim Case [bikinisfun@gmail.com](mailto:bikinisfun@gmail.com). Depart 8 am.

**Lost Creek Cave and Falls, Rylander Cascade, Dog Cove. 6 easy miles** in 3 segments with a creek crossing, waterfalls, cave, 1800s farmhouse. Leader: Bill Harris [titan55@charter.net](mailto:titan55@charter.net). Depart 9 am.

**Window Cliffs State Natural Area, Baxter, TN. 5.4 miles. Strenuous.** The trail features 9 stream crossings each way, cascades, a couple of steep slopes and a 20-ft waterfall. Leader: Peter Broehl [pbroehl@blomand.net](mailto:pbroehl@blomand.net). Depart 9 am.

**Downtown Crossville History Walking Tour.** The 2 hour tour will include the Palace Theatre, Military Museum, Courthouse, and more. Enjoy lunch as well as shopping. Leader: Jo Duncan-Topkin. [Jgtopkin@gmail.com](mailto:Jgtopkin@gmail.com). Depart 9:30 am.

**Crossville Obed River Park 1.5 mi roundtrip and Plantation Trail 2.8 mi roundtrip.** Leader: Betty Harris [titan55@charter.net](mailto:titan55@charter.net). Depart 9 am.

### SUNDAY

**Cumberland Trail, Black Mountain, Crab Orchard, TN. 3 mile loop. Easy.** Leader: Evelyne & Elliot Kornreich [evie417@gmail.com](mailto:evie417@gmail.com). Sweep: Bob McGavock [rcmcg185@gmail.com](mailto:rcmcg185@gmail.com). Depart 8:30 am.

**Frozen Head SP, Spicewood Branch Trail. 7.2 mile loop. Moderate.** Leader: Tom McElhone [sarmitta@yahoo.com](mailto:sarmitta@yahoo.com). Sweep: John Politte [johnpolitte@gmail.com](mailto:johnpolitte@gmail.com). Depart 8 am.

**Big South Fork, John Muir Trail to Maude's Crack, Jamestown, TN. Moderate 6 mile loop hike** across No Business creek. Climbing up or down the crack in the rock is strenuous. Leader: Tim Case [bikinisfun@gmail.com](mailto:bikinisfun@gmail.com). Depart 8 am.

**Big South Fork Loop, Twin Arches, Jake's Place, Charit Creek Lodge, Jamestown, TN. 6 miles. Moderately strenuous.** Leader: Randy Hedgepath [randy.hedgepath@tn.gov](mailto:randy.hedgepath@tn.gov). Depart 8:00 am.

**Big South Fork in/out, Slave Falls, Needle Arch, Jakes Place, Charit Creek Lodge, Jamestown, TN. 8 miles. Moderate.** Leaders: Deb & John Martin. [jr.dmartin77@gmail.com](mailto:jr.dmartin77@gmail.com). Depart 8:30 am.



## SUNDAY

**If open: 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. Leader: Louise\_Miniard [liminiard@frontiernet.net](mailto:liminiard@frontiernet.net). Depart 8:30 am.

**Lost Creek Cave and Falls, Rylander Cascade, Dog Cove. 6 miles. Easy** in 3 segments with a creek crossing, waterfalls, cave, 1800s farmhouse. Leader: Peter Broehl [pabroehl@blomand.net](mailto:pabroehl@blomand.net). Depart 9 am.

**Obed Wild and Scenic 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. Leader: Howard Owen [owenshb@charter.net](mailto:owenshb@charter.net). Depart 9 am.

**Overlook Trail is 1.9 mi** scenic loop partially along Daddys Creek. Leader: Carol Quattrociocchi [quattrociocchi@frontiernet.net](mailto:quattrociocchi@frontiernet.net). Depart 9 am.

**2 hour Birding hike** in FFG community. Bring your binoculars. Leader: Stephen Stedman [sstedman@tntech.edu](mailto:sstedman@tntech.edu). Depart 7am.

### LEADERLESS HIKES

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

### City of Crossville and County Trails

for maps and directions visit  
<http://time2meet.com/crossvilletrails/>

Woodlawn Loop 1.2 mi

Obed River Park 1.5 mi roundtrip

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## **SODDY-DAISY CHAPTER**

**CHAPTER CHAIR:** Jean Smith 423- 596-7681  
[soddydaisy@tennesseetrails.org](mailto:soddydaisy@tennesseetrails.org)  
**TREASURER:** Robertson (Bob) McGavock 423-667-2960  
[soddydaisytreas@tennesseetrails.org](mailto:soddydaisytreas@tennesseetrails.org)  
**HIKE COORDINATOR:** Patricia Appleton 423-332-6517  
[soddydaisyhikes@tennesseetrails.org](mailto: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>

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**Sep 3 - Stinging Fork Trail to falls and then to Hinch Mtn. and back. About 5 miles round trip. Easy to moderate** because of the trail down into the gorge and back up which is steep and a bit rocky. Meet at Durham St. Soddy Daisy at 8:30 am. Hike Leader- Rene Grace and Tammy Hendricks at 315-949-8187.

**Sep 7 - Prentice Cooper.** Hike 6.4 miles from the Cumberland Trail Parking lot to the Lawson Rock Overlook (via the Indian Rockhouse). Moderately strenuous. Hike Leader Tammy Hendrick at 315-949-8187. We will meet at the Food City parking lot at the base of Signal Mountain and depart at 8:30 am.

**Sep 10 - Signal Mtn. School to Mushroom Rock, then along the bluff toward Edward's Point part way and return. About 5 miles. Easy to Moderate.** First part of hike on old logging roads is up and down. Trail along the bluff is fairly level. Meet at Food City at the foot of Signal Mtn. at 8:30 am. Hike leader Trish Appleton 423-332-6517.

**Sep 14 - Mullins Cove Loop, Prentice Cooper. 9.6 miles. Moderately strenuous.** Hike Leader John Politte. 423-304-8327. We will meet at the Food City parking lot at the base of Signal Mountain and depart at 8:30 am.

**Sep 17 - Cloudland Canyon connector to Ascalon Trailhead. About 5.5 miles. Easy.** Will Stage cars. Meet at parking lot at the Brown's Ferry Exit take a right, go past LaQuinta to the large parking lot on the left near the road on the side by the drug store. Hike Leader Donna Pyers 423-344-9271.

**Sep 21 - Ocoee area near the Thunder Rock Campground. About 8 miles. Moderately strenuous.** Meet at Food City in Ooltewah at 8:30 am. Hike leader is Tom McElhone, 805-208-4654.

**Sep 24 - Lookout Mt.** From the parking lot near Covenant College to the Bluff Trail, turn left to the Jackson Gap Trail back up to the West Brow Loop Trail and back through the campus to the parking Lot. 4 and a half miles. Meet at Food City in Red Bank at 8:30 am or trailhead near Covenant College at 9 am. Hike Leader, Trish Appleton- 423-332-6517.

**Sep 28 - Bear Creek Backcountry Trail, Cloudland Canyon State Park, GA. 7.3 miles Strenuous.** We will meet at the Red Bank Food City parking lot and depart at 8:30 am. Hike leader is John Politte. Note: There is a \$5 parking fee at the park.

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# SUMNER TRAILS CHAPTER

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

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**Sep 6 - Winding Stairs Trail. Lafayette, TN. 3 mile. Moderate.** Elevation Gain 400 feet. Several small waterfalls and beautiful rock formations. Trail consists of some board and concrete trail, but most of the trail is rocks, dirt, and gravel. We will be hiking a recently added 1 mile loop in addition to the 2 mile loop. Both are moderate difficulty. Recommended items are hiking shoes, water, insect repellent and a hiking pole. Those carpooling, meet 9:00 am at the Gallatin Wal-Mart, 1112 Nashville Pike, near Chick-Fil-A. Those meeting at the trailhead, please call and let the hike leader know. Heading east 52W, turn right just past the Hearthstone Inn at the Winding Stairs sign. Going west on 52W, turn left just past Tractor Supply and Verizon Store at the Winding Stairs sign. If using your GPS, enter Nature Trailway, Lafayette. Please call if you are meeting at the trailhead. We will go to lunch after the hike. For more information, contact Judy Jenkins 615-403-0002, or *judy\_jenkins@comcast.net*.

**Sep 11 - Mammoth Cave Tour. 2 miles in the cave. Moderate Difficulty with a total of 440 stairs.** The Historic Tour begins at 10 am. "This journey through the natural entrance leads to "classic" Mammoth Cave landmarks visited by writers, scientists, military figures and celebrities of the 1800s and early 1900s". You can read about the tour on the Mammoth Cave website. The price for adults is \$17 and \$12 for youth. You are responsible for arranging and paying for your tour with The Mammoth Cave National Park Service website or calling 877-444-6777. The website strongly recommends making reservations in advance. Any comfortable closed toe shoes are appropriate for the cave tour and also a jacket/sweater (deep cave temperatures 54 degrees). Hiking poles are not allowed. Once the tour starts, you can leave it only in an emergency, so if you are claustrophobic, this tour might not be for you. We will meet at the Mammoth Cave Visitor Center by 9:30 am before the 10 am tour. Do NOT rely on your mobile GPS, Google Maps or similar automated navigation systems to get to the Park Visitor Center in time for your tour. The driving instructions per the website are - from the South go north on Interstate 65 to Exit 48 (Park City Exit). Turn left onto KY-255 and follow 255 as it becomes the Park City Road into the park. Follow Park City Road until it joins the Mammoth Cave Parkway; turn left. Follow the Mammoth Cave Parkway to the Visitor Center. To carpool meet at Glenbrook Kroger in Hendersonville at 7:45 am, or if driving from Gallatin, call Marcia Powell for carpooling instructions. We will eat lunch after the tour. Please let Marcia Powell know if you make arrangements to join us. Contact Marcia Powell 217-855-3013, *mpow1221@gmail.com*.

Sumner Trails Chapter – con't.

**Sep 17 - Volunteer Trail Day Loop, Long Hunter State Park. 4 mile loop. Moderate.** This takes us along a natural surface wooded trail offering lots of shade and follows the Percy Priest Lake shoreline for part of the hike. Wear good sturdy hiking shoes. Insect repellent and hiking poles are recommended. The trail is mostly flat but expect slight inclines, some natural rock steps and roots occasionally along the trail. Lunch afterwards is an option in the Providence area of Mt Juliet if interested. Carpool leaves Glenbrook Kroger, 1010 Glenbrook Way, parking lot at 9 am, or meet us at the trailhead parking lot for the Volunteer Trail at 10 am. Please call if you are meeting at the trailhead. Important to note, this trailhead is at 1600 Bakers Grove Road, Hermitage TN, and is not accessible from the main Long Hunter State Park office area. Contact Jenny at *mrzfitz@gmail.com* or text/call 615-517-8185 with questions.

**Sep 21 – Montgomery Bell State Park, Burns, TN. 4 miles. Moderate.** This hike will combine parts of several trails, the Jim Bailey Trail leading off from the visitor center (restrooms available) as well as part of the Wildcat Trail leading to the Ore Pit Loop and returning on the Wildcat and Jim Bailey Trails. The trail is mostly in shade but is not flat or paved. Roots and rocks are common. Hiking shoes and poles, and water are recommended. While always up and down, the trail is never steep. Along the Ore Pit Loop, hikers will see the remnant iron ore mining pits and red soil related to Montgomery Bell's iron ore mining operations of the early 1800's, which was a common industry at the time on the western Highland Rim. Along the Ore Pit Loop, hikers will also come to a meadow containing the replica 1810 cabin home of the founder of the first Cumberland Presbyterian Church as well as a chapel now used for many weddings. We will meet for carpooling at the Glenbrook Kroger, 1010 Glenbrook Way, Hendersonville at 8:30 am, or at the park's visitor center at 10 am. Please call if you are meeting at the trailhead. After the hike, we will eat lunch at Carl's Perfect Pig, 4991 US-70, White Bluff. WARNING: Carl's accepts CASH ONLY, no checks or cards. Contact John Thomas at 925-759-0517, *johnndt@sbcglobal.net*; or Donna Thomas at 925-759-0518, *donnamt2@sbcglobal.net*.

**Sep 25 – High Ridge and Shoreline Trails loop, Bledsoe Creek State Park. 2.4 miles. Moderate.** We will start and end at the Visitor Center/Park Office. Trail surface includes gravel, dirt, steps and rocks so hiking shoes and pole recommended. Meet 9 am at Bledsoe Creek State Park 400 Ziegler Fort, Gallatin TN. Contact Jenny Fitzgerald at *mrzfitz@gmail.com* or text/call 615/517-8185.

## OFFICERS:

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ARE LISTED WITHIN EACH CHAPTER'S HEADER

#### Newsletter Editor

LouAnn Partington 931-393-4835  
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## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

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*uppercumberland@tennesseetrails.org*

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

**Sep 7 - Window Cliffs. 5.4 mile round trip. Strenuous.** Steep descent the 1st mile (about 300 ft.) then a slow uphill climb the next mile+ with a steep climb to the top of the cliffs (about 250 ft.). We will cross Cane Creek and its tributary Phelps Branch 20 times. 18 of the crossing have steel cables to hold on to. We will see a 20 ft. waterfall and visit an overlook that has an excellent view of the windows in the cliffs. Bring water shoes, lunch (on top the cliffs), snacks, water, etc. Meet at J.C. Penney's in Cookeville, TN at 8:00 am. To register contact Pete Broehl at 931 738-3551 or *pabroehl@blomand.net*. If trail is closed because of high water we will hike the Upper/Lower Piney Falls and Stinging Fork Falls (both less than 6 miles).

**Sep 14 - Savage Day Loop, North Rim, Mountain Oak, and North Plateau Trails, Savage Gulf State Natural Area, Palmer, TN. 9 1/2 miles. Easy for the terrain and moderate for the distance.** The hike features several nice overlooks. Bring water, snacks, and lunch. You can meet us in the Penney's parking lot in Cookeville at 8:00, at the US Bank in Sparta across from McDonald's in Sparta about 8:20, or at the trailhead about 9:00. For information and to register contact Richard Savage at 931-526-2035 or *savage\_richard@hotmail.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**

Sep 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)

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___ 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 ( ___ ) _____
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		Alternate e-mail _____

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

- E-mail addresses  
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- I would like to receive my newsletter by mail.

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!**