

# 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



## 2020 TTA Annual Meeting Cancelled - Postponed to October 2021

Due to COVID-19 concerns and expectation of a low turnout, the TTA Board Executive Committee approved the cancellation of the October 23-25, 2020 TTA Annual Meeting at Montgomery Bell State Park.

The Nashville and Sumner Trails Chapters are now scheduled to host the annual conference **October 22 - 24, 2021** at the same location (Montgomery Bell State Park).

Further information about the 2021 TTA Meeting will be provided as we get closer to the meeting date.

For TTA members who already registered for lodging at the park inn, your reservation will be rebooked, at the same price, for the planned 2021 meeting dates. But you can phone the Inn & Conference Center directly to cancel your reservation and get a refund if you wish (615-797-3101 or 800-250-8613). Our 2021 GROUP CODE is still 9880.

New: In addition to the Inn rooms, a very few cabins have been made available for our Group. The nightly rate is not discounted, but these cabins are usually booked well in advance, which is why we were not able to get any when we were planning the 2020 meeting.

For CAMPGROUND reservations or cancellations, contact the Park Office at 615-797-9052 or <https://tnstateparks.com/parks/campground/montgomery-bell>. All sites come with a grill, fire ring, picnic table, and access to the bath house (showers with hot water). Campground sites are \$15-35\*/night, before taxes.

Please note: Any October is a good time to hike in Montgomery Bell State Park and the surrounding area. We will schedule some hikes in the Montgomery Bell and Nashville areas for the weekend of October 23-25, 2020 (this year). If you have made a camping reservation, you may be interested in keeping your spot for that weekend. We already have a hike commitment from Randy Hedgepath.



**Cumberland  
Trails  
Conference**

**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)

Tennessee State Parks are now open, including the Cumberland Trail State Scenic Trail State Park. Check the Tennessee State Parks website for updated information or call the Cumberland Trail State Park office at 423-566-2229.

**We Are Hiring for Trail Crew Members**

CTC needs Trail Builders. We currently have 2 crews working to complete sections of the Cumberland Trail near Crossville (Hinch Mountain and Catoosa Wildlife Management Area).

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

**Qualifications:** Community members who love to build trail. Previous trail building preferred but not necessary.

**Individual Considerations:**

- Leadership skills
- Communication skills
- Coordination skills
- Trail building related experience (helpful but we do train)
- Good physical condition
- Able to lift 40 pounds easily
- Able to hike six miles with 20-pound pack and tools
- Comfortable in a backcountry setting

**Transportation:** Required

**Salary:** As per the current CTC policy.

Please contact the CTC office at: [ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com) or 931-456-6259.

---

**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  
[clarksvilletteas@tennesseetrails.org](mailto:clarksvilletteas@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.

---

**Jul 11 - Overnight Walls of Jericho, Clark Cemetery Primitive Campsite. 3.5 miles all downhill to campsite. It's .2 miles past campsite to the walls. Difficult.** Paul Schwab 931-801-9484. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot near McDonalds. 151 miles to trailhead.

**Jul 18 - Pennyrile State Park. 3 miles. Moderate.** And then swim. Eat lunch at Park Restaurant if the Park Restaurant is open, Cindy Jones 870-215-8993. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 50 miles to trailhead.

**Jul 21 - Monthly Chapter Meeting.** If the Crow Center is open, Philip Anderson 931-561-0925.

**Jul 25 - Old Stone Fort State Park (3 trails). 3.3 miles. Moderate.** Paul Schwab 931-801-948. Meet 7:30 am CT, I 24 Exit 11 commuter parking lot near McDonalds. 100 miles to trailhead.

---

**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).

---

## 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

**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.

---

## 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*

---

**Jul 11 - Big Ridge State Park.** We'll hike on several different trails in this beautiful area starting at the Big Valley trailhead. Our next trail will be Dark Hollow which was once a country road. We'll follow this trail to Norris Lake. Before hiking back to our cars, we'll hike the Ghost House Trail. This is where we'll find remnants of Maston's home that was thought to be haunted. Let's meet at 10:00 am at the park's headquarters and gift shop. We can tailgate a short distance to the grist mill and parking area. Please preregister and direct any questions to Rosie 865-985-9144 or *rosemary\_1@hotmail.com*.

### Looking Ahead:

**Aug 1 - Eagle Trail, Norris, TN. 3+ miles. Easy.** We'll begin our hike at 10:00 am and follow the Eagle Trail to a very nice scenic ridge with a lovely covered gazebo. We'll ponder the beauty before returning to our cars. Please preregister and direct any questions to Lesley 865-254-1193 or *lesley.p616@gmail.com*.

## Evan Means Grants Awarded

The Friends of Old Stone Fort were awarded an Evan Means Grant for \$510 on May 11, 2020 for a Certified Arboretum located on the park's Nature Trail and Garrison Road Trail. The grant will fund fifty tree markers and the Arboreta Certification Application Fee. Pictured from left to right, Park Manager Keith Wimberley, Friends Park Liaison Ranger Leigh Gardner, Friends Board Member Peggy Delaney, TTA President Mary Etta Ward, Friends of Old Stone Park President Brian Wofford, Friends Secretary Joan Hartvigsen, TTA Board Member Tom Bentley.



The Friends of Henry Horton State Park were awarded an Evan Means Grant for \$1,216 on May 21, 2020. The grant will fund four footbridges with handrails and two sets of staircases for the park's new Spring Creek Trail. Pictured from left to right: Sara Pollard, Tennessee Trails Association Board Member, Chuck Holland, Friends Member, Barry Bowden, Staff, Ricky Batten, Staff, Park Manager Ryan Jenkins, Joan Hartvigsen, TTA Board Member, Stacey Cothran, President of Friends of Henry Horton State Park, Rick Tillis, Friends Member and Tennessee House of Representatives Member, Bobbie Mitchell, Staff, Ranger Shaun Rainone, Friends Park Liaison, Joe Beasley, Staff, Marty Gentry, Staff, Jeff Taylor, Staff, Andy Wallace, Staff, Jerry Harber, Staff.



---

## 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: Tom 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.

---

**Jul 7 – Old Stone Fort State Archaeological Park, Manchester, TN. 5 miles. Moderate. Joint hike with the Soddy-Daisy Chapter.** We will hike along the Duck River where we will see Bluehole Falls and Big Falls, which is 30 feet high. We will hike the Backbone Trail and the Forks of the River Trail, where we will see the confluence of the Duck and Little Duck Rivers. We will hike the Moat Trail and along the Little Duck River to view Step Falls, which has a series of tiered waterfalls cascading down into the Little Duck River. And we will hike the park's newest trail, the Chumbley Woods Trail, which features ridgelines and the Little Duck River in a beautiful hardwood forest. Contact Joan Hartvigsen, [hartvigs@comcast.net](mailto:hartvigs@comcast.net) or 931-962-0811 to register. We will meet at the Museum/Visitor Center at 8 am CT. Bring water, lunch, hiking sticks and wear sturdy hiking boots.

**Jul 11 – Window Cliffs State Natural Area. 5.5 miles round trip. Difficult. Joint Hike with the Murfreesboro Chapter, Sara Pollard.** Window Cliffs is located approximately 18 miles south of Cookeville, near Burgess Falls State Park. There is a bluff which separates the upstream and downstream sections of Cane Creek. The bluff has eroded from both sides causing an opening, which is how the name "Window Cliffs" came about. We will cross Cane Creek eighteen times, round trip. You will need sturdy hiking boots and hiking sticks and water shoes. After our hike, we will visit Burgess Falls. Bring water and lunch. Please contact Joan Hartvigsen, [hartvigs@comcast.net](mailto:hartvigs@comcast.net) or 931-962-0811 to register.

**Jul 18 – North Plateau Trail, Mountain Oak Trail, North Rim Trail Loop. Savage Gulf State Natural Area. South Cumberland State Park. 3177 TN-399, Palmer, TN. 10 mile loop. Moderate.** We may also visit Savage Falls. Contact our hike leader, Marietta Poteet, [nannietta@blomand.net](mailto:nannietta@blomand.net) or 931-924-7666. Bring a lot of water, lunch, hiking sticks. Wear sturdy hiking boots. North Plateau Trail leads through beautiful old growth forest with several outstanding Shortleaf Pine stands. The trail is virtually flat. The North Rim Trail follows the edge of the plateau on the north side of Savage Gulf and has more overlooks than any other at Savage Gulf.

Highland Rim Chapter – con't.

**Jul 21 - Woods Reservoir Paddle**, put in at AEDC Elk River Public Access, 6471 Prairie Plains Road, Hillsboro, TN. Tom Bentley. Meet at 9 am at the Walmart Supercenter, 2675 Decherd Blvd (Highway 41A), Winchester, TN. This is a paddle around little islands where ducks and other birds hang out. Contact Tom Bentley, [hycsailorii@gmail.com](mailto:hycsailorii@gmail.com) or 931-273-6344.

**Jul 29 – Little Cedar Mountain Trail, Jasper, TN. 5 miles. Easy to Moderate.** This TVA trail consists of a loop and a short one mile trail to a tranquil wetland pond located on the ridge summit. This hike offers impressive limestone geologic features, bluffs, and scenic overlooks of the Nickajack Dam embankment and the Tennessee River Gorge. From the spectacular panoramic view atop Gray's Bluff we can see across the lake towards Sand Mountain. We will also see the rare John Beck's Leaf Cup on this hike. Please text or call our hike leader, Dawn Quarles, at 423-443-7602 to register. Wear sturdy hiking boots and bring hiking sticks. Bring a lot of water and lunch. Meet at the trailhead at 8:00 am CT. Directions to trailhead: Take Interstate 24 East to Exit 158 onto State Route 27. Drive 0.3 miles and turn right onto TVA Road. After our hike, we have the option of kayaking around Little Cedar Mountain and the nearby islands. We will put in at the nearby TVA Shellmound Boat Ramp.

### Planning Ahead:

**Aug 31-Sep 3 - Devils Fork State Park on Lake Jocassee, Salem SC near Cashiers NC.** Camping at Devils Fork State Park, kayaking Lake Jocassee and hiking in nearby state parks. We have reserved a private four hour pontoon boat tour guided by a Naturalist for September 1. We will see the entire lake and its waterfalls and contributing rivers, the northwest section and the northeast section. The park has a separate boat ramp reserved only for kayaks and canoes. Eclectic Sun LLC rents kayaks inside the park. Nearby state parks with great hiking trails are Gorges State Park, Keowee-Toxaway State Park, Table Rock State Park and Caesars Head State Park, Raven Cliff Falls. Also, the hike to the Lower Whitewater Falls on the Bad Creek Foothills Trail is a spectacular hike as well as the Chau Ram County Park hike along the Chauga River featuring several waterfalls. Two reserved lakeside tent campsites have spectacular views of the lake and Blue Ridge Mountains. We have also reserved one RV campsite with 30 amp electricity and water. Contact Joan Hartvigsen to reserve a spot in one of these campsites, [hartvigs@comcast.net](mailto:hartvigs@comcast.net) or 931-962-0811. Bring kayaking and swimming gear, camping gear, hiking gear. Bring binoculars.

**Sep 18-20 – Camping on Big Island on Tims Ford Lake. Kayaking on Tims Ford Lake. Joint outing with the Murfreesboro Chapter.** Contact Joan Hartvigsen to reserve a spot on Big Island, [hartvigs@comcast.net](mailto:hartvigs@comcast.net), 931-962-0811.



---

## JACKSON CHAPTER

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

**TREASURER:** Anne Goodson 731-664-1556  
*jacksontreas@tennesseetrails.org*

**SECRETARY:** Terry McCoy 731-535-0625  
*jacksonsecy@tennesseetrails.org*

**HIKE & FACEBOOK COORDINATOR:**  
Glen Rognstad 731-217-5966  
*jacksonhikes@tennesseetrails.org*  
(call Glen & volunteer to lead an outing)

**MEETS MONTHLY:** 1<sup>st</sup> Monday at Panera Bread, Vann Dr.,  
Jackson. Dinner 6:00 pm CT; Meeting 6:45 pm

---

Hike information unavailable at press time.

---

## MEMPHIS CHAPTER

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

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

---

No hikes scheduled. See you in September.

---

## MURFREESBORO CHAPTER

**CHAPTER CO-CHAIRS:** Jeanne Conatser 615-971-8894  
Sara Kennedy 615-692-9057  
*murfreesboro@tennesseetrails.org*

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

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

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

**MEETS MONTHLY (except Jan, Feb, Jul, Aug):** 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)

---

**Jul 9 – “Pick a Park” series. 4 miles. Easy.** This Thursday hike is two for one - Montgomery Bell State and Narrows of the Harpeth State Parks. Bring your State Park Passport book. We'll hike the Ore Pit Trail Loop that passes the historic church site by the Visitors Center. Meet at the Visitors Center at 10:00 am, or email Jeanne if you want to be part of a caravan from Smyrna. Then on to the Narrows of the Harpeth to hike 2 miles out and back on the bluff trails and by the old tunnel. Both are rated easy, natural surface trails, about 2 miles each for a total of 4 miles. This is a family friendly hike and a chance to visit two state parks in one day. Bring snacks and water. Please RSVP by email to Jeanne Conatser at [djconatser@comcast.net](mailto:djconatser@comcast.net) in case we cancel for weather.

## Murfreesboro Chapter – con't.

**Jul 11 – Window Cliffs State Natural Area. 5.5 miles round trip. Difficult. Joint hike with the Highland Rim chapter.** Window Cliffs is located approximately 18 miles south of Cookeville near Burgess Falls State Park. There is a bluff that separates the upstream and downstream parts of Cane Creek and the bluff has eroded from both sides causing an opening to develop, which is how the name “Window Cliffs” came about. There are several creek crossings over Cane Creek. Hiking boots are recommended, and a pair of water shoes is suggested for the water crossings. Pets are not permitted within the state natural area. After the hike, we will stop by Burgess Falls State Park for a short walk to see the falls. For more information or to register, contact Sara Pollard at 615-714- 3610 or [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com).

**Jul 14 – Chapter Meeting.** Eric Fann of Barfield Park will give a presentation on snakes. There are over 30 types of snakes in Tennessee, and it is illegal to kill one. Come learn more about snakes in our area.

**Jul 25 – Sones River Float. Thompson Lane to Nice Mill Dam. Murfreesboro. Approximately 7 miles.** We will meet at the Thompson Lane boat ramp at 9:00 am to arrange a short shuttle to Nice Mill. A shuttle is necessary for the float, masks are optional depending on your individual preference. Bring plenty of water, lunch, snacks and sunscreen. This will be a leisurely summer float, no need to rush. For information or to register contact Tony Jones at 615-397-4463 or [tonjon1968@gmail.com](mailto:tonjon1968@gmail.com).

## 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](mailto:membership@tennesseetrails.org) and please include your email address.

---

## 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*  
**BLOG:** *www.tennesseetrails.org/blog/nashville*

---

**Jul 2 - Bells Bend Waxing Gibbous Hike.** We will meet at sunset and walk 3-5 miles under the moonlight along wide trails and open meadows. Bells Bend park, located in western Davidson County, park takes its name from a peaceful arc of the Cumberland River known as Bells Bend. Footwear: The trails can be muddy after a rain. Bring water and snacks. Bring a headlamp or flashlight - for emergency use only. Rain or excessive cloud cover will cancel the hike. For more information and to register contact Doug Burroughs at *dougburroughs@tennessee.usa.com* or 615-587-0085 (leave a message).

**Jul 8 - Edgar Evins State Park, Silver Point TN. State Park. Trail options for 3, 5.5, and 8 miles. Moderately challenging for distance and a few rugged trail segments.** Current park and TTA COVID-19 guidelines apply; you must register for this hike. We'll meet at the trailhead at 8 am and return by mid-afternoon. Pack a lunch for the trail and plan for the heat – bring plenty of water, sun protection, and bug spray. Contact Mark Hubbard at *mark.hubbard@mhub.us* or 615-715-1517.

**Jul 9 - Warner.Parks Burch Reserve, Nashville TN.** A Moderate 3-mile hike that has a bit of everything. Wide paved road to rocky single track and both level and hilly portions. This is the newest trail in the Warner parks and is less peopled than the other trails (and parking should be easier as well!). Beautiful wildflowers are still blooming and I've spotted many butterflies in the meadows. There's about 400' in elevation gain and descent. A great way to start your day and hopefully we'll beat the heat. Hike is limited to 10 so please rsvp early. Hike begins at 8:00 am till about 9:30. Please provide cell phone in case of weather cancellation. rsvp to Niola Cusati: *niolac@gmail.com* or text 408-455-2472.

## Nashville Chapter – con't.

**Jul 11 - Nashville Urban Hike.** This hike will have a theme "Nashville's Hotels" since we will walk past a couple dozen, including many of the city's finest, some new development, and sites of long-gone and forgotten hotels as well. However, the hike also showcases many of the premier locations of our city: the state capitol area and financial district, lower Broadway and Riverfront Park, the convention center, the Gulch, the edge of Music Row, and parts of West End Avenue- each with its own interesting features and personalities. Meet at the courtyard of War Memorial Plaza just south of the state capitol. Parking is typically found just to the southwest of the capitol, on the hill behind the state supreme court. Walking distance is about 4 miles or so. Hike starts at 7:30 am. Plan on 3 hours to be safe. Please bring a mask in case we decide to go inside anywhere. We will socially distance during the walk. Hike leader: Tom Vickstrom, *tomzinger55@gmail.com*; 615-405-6713.

**Jul 23 – Warner Parks Burch Reserve, Nashville TN.** A Moderate 3-mile hike that has a bit of everything. Wide paved road to rocky single track and both level and hilly portions. This is the newest trail in the Warner parks and is less peopled than the other trails (and parking should be easier as well!). Beautiful wildflowers are still blooming and I've spotted many butterflies in the meadows. There's about 400' in elevation gain and descent. A great way to start your day and hopefully we'll beat the heat. Hike is limited to 10 so please rsvp early. Hike begins at 8:00 am till about 9:30. Please provide cell phone in case of weather cancellation. rsvp to Niola Cusati: *niolac@gmail.com* or text 408-455-2472.

**Jul 25 - Bryant Grove Trail, Long Hunter State Park,** 2910 Hobson Pike, Hermitage, TN 37076. 8:00 a.m. 4 miles. This hike will begin at the trailhead in the Couchville Lake Day Use Area Two of Lone Hunter State Park. The trailhead is near the playground on the right side of the parking area, and the trail heads east along the shoreline of Percy Priest Lake through cedar thickets, oak and hickory forests and cedar glades. This hike is 4 total miles total, to the 2-mile marker and back. Trail is rated easy to moderate, terrain is flat and the trail surface includes gravel, rocks and dirt. For information and to register, contact Betty Magee at 615-319-5394 or email: *monetfan455@yahoo.com* or Doug King at 615-542-0486 or email: *douglasmortonking@gmail.com*.

---

---

## PLATEAU CHAPTER (Crossville)

**CHAPTER CHAIR:** Norm Brinsley 931-202-2338  
*plateau@tennesseetrails.org*  
**TREASURER:** Clark Zedric 217-520-9889  
*plateautreas@tennesseetrails.org*  
**BOARD REPRESENTATIVE:** Bob Obohoski 931-456-4282  
*boardplateau@tennesseetrails.org*  
**MEETS MONTHLY:** 2nd Thursday at 6:00 pm CT  
**BLOG:** [www.tennesseetrails.org/blog/plateau](http://www.tennesseetrails.org/blog/plateau)

---

Come take a GUIDED hike with us. We offer a short 5 miles or less and a long 8 +/- mile hike every Wednesday and two Saturdays a month. For additional information contact the hike coordinator [plateauhikes@tennesseetrails.org](mailto:plateauhikes@tennesseetrails.org) or text/call 931-267-2243. For a list of monthly hikes, visit the Plateau Chapter Blog at <http://ttaplateauchapter.blogspot.com>. Check the blog one hour prior to hike time for cancellation or for any other updates/changes to our schedule before hiking. Instead of carpooling to trailheads our hikers may opt to drive themselves.

**Jul 1 - Pickett State Park, Jamestown, TN. Ladder, Bluff, Lake and Island Trails.** We'll hike 5 miles on the Ladder, Bluff, Lake and Island trails. Carpool cost is \$5. Bring water, snacks and lunch. Don't forget tick/bug spray and sunscreen. Depart 7:30 am CT from Cracker Barrel's rear lot in Crossville.

**Jul 8 - Sinkhole and Boulder Trails - Oak Ridge, TN.** The Sinkhole Trail is 1.3 mi and the Boulder Trail is 1.5 mi. Both trails are moderate. (SEE Hiking Project App) **Short Hike:** 3 mi in/out. **Long Hike:** 6 mi in/out. Depart 7:30 am CT from Vanity Fair Outlet Mall SW parking lot in Crossville. Carpool cost is \$6. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

**Jul 11 - CT Ross Gap Bird Mountain, Frozen Head State Park.** **Short Hike:** 4-5 mi moderate in/out. **Long Hike:** 7-8 mi moderate to strenuous (loop or in/out). Start from the Ross Gap Trailhead. Ross Gap is the easiest access point along the crest of Bird Mountain to the Cumberland Trail, and some historic coal mine benches, and an old coal mine retention pond. Just beyond the pond, the CT crosses an old coal road that drops to the left to intersect the England Mountain Coal Bench. Other features are a large mushroom-shaped rock and the thick sandstone layer has created a set of pedestal steps that mark the beginning of a series of sheer sandstone bluffs. Also a fine view into Emory River Valley and a shapely arch high in the bluff called "Castle Rocks West". Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. Depart 7:30 am CT from Vanity Fair Outlet Mall SW parking lot in Crossville. Carpool cost is \$5.

### Plateau Chapter – con't.

**Jul 15 - CT Catoosa Section, Peavine Trailhead Toward Devil's Breakfast Table, Hebbetsburg, TN.** **Short hike:** 4-5 easy mi in/out. **Long hike:** 6-7mi easy to strenuous in/out. Depart 7:30 am CT from Vanity Fair Outlet Mall SW parking lot in Crossville OR 7:45 am from the Dollar Tree parking lot on Peavine Rd just before Food City. Carpool cost is \$2. Pack water and snacks. Don't forget tick/bug spray and sunscreen.

**Jul 22 - Survival Class - Edible Plants, Grassy Cove, TN. You must sign up for this.** John Ford will teach us free of charge how to survive if lost in the woods and what plants and roots we can eat. The class is limited to 14 people, and we will drive to 2-3 nearby locations. John tries to cover rich woodlands, fields and wetlands. Whatever you normally bring for hiking would be good, field guide(optional) plus pen and paper. John will require everybody to sign a release form/waiver. Class should last around 4 hours not including driving time. Carpool cost \$2. Don't forget tick/bug spray and sunscreen. Pack water, snacks. Depart at 7:30 am CT from Dorton United Methodist Church 1mi East of Peavine Rd on HY 70E. To sign up text/call Deb 931-267-2243.

**Jul 25 - Melton Lake Greenway, Oak Ridge, TN Short Hike:** 4-5 easy in/out mi. **Long Hike:** 7 mi easy in/out. Trail follows the coastline of Melton Lake. (See All Trails App) Depart 7:30 am CT from Vanity Fair Outlet Mall SW parking lot in Crossville. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. Carpool cost \$6.

**Jul 29 - East Lakeshore, Morgantown, TN and Sweet Valley Farm Cheese Shop, Pittsburgh, TN.** Trailhead is located at East Coast Tellico Parkway and Peterson Rd. The 5.1 mi trail follows the Little Tennessee River and we can do a car shuttle or in/out. **Bring a small cooler to keep your cheese purchases in.** Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. Depart 7:30 am CDST from Vanity Fair Outlet Mall SW parking lot in Crossville. Carpool cost is \$7.

---

## 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>*

---

Hike information unavailable at press time.

---

## SUMNER TRAILS CHAPTER

**CHAPTER CO-CHAIRS:** Marcia Powell 217-855-3013  
Jenny Fitzgerald 615-517-8185  
*sumner@tennesseetrails.org*

**TREASURER:** John Jones 615-533-0127  
*sumnertreas@tennesseetrails.org*

**BOARD REPRESENTATIVE:** Duane Frichtl 309-830-9720  
*boardsumner@tennesseetrails.org*

---

**Jul 1 - Long Hunter State Park, Couchville Lake Trail & Picnic. 2 miles.** Explore with us as we walk the 2 mile paved, mostly shady trail around beautiful Couchville Lake. Please pack a picnic lunch for after the walk. Meet at the Kroger parking lot (1010 Glenbrook Way) at 9:15 am to caravan over to the Couchville Lake parking area of Long Hunter State Park. Or if you prefer please meet us at the Couchville Lake Trail head at 10:00 am. Pets are not allowed on this trail. The park address is: 2910 Hobson Pike, Hermitage TN. Contact Jenny Fitzgerald at 615-517-8185 or *mrzfitz@gmail.com* with questions.

**Jul 17 - Dunbar Cave Recovery Trail and Lake Trail, Clarksville, TN. 2.5. Moderate.** At Dunbar State Natural Area, we will hike the shaded Recovery Trail which has a small hill and will end the hike along the easy Lake Trail with a visit to the historic Dunbar Cave entrance. There we will see the site of the old dance floor where big bands like Benny Goodman and Tommy Dorsey played. Dunbar cave is the 280th largest cave complex in the world. You may want to bring water and hiking poles and to wear sturdy hiking shoes. Depending on restrictions in effect in July, we will either take a sack lunch or eat outside at Liberty Park Grill in Clarksville after the hike. Meet at the Kroger Glenbrook parking lot in Hendersonville at 9:00 am CT for carpooling or for caravanning to Dunbar Cave. For more information call Judy Jenkins at 615-403-0002 or email *Judy\_Jenkins@comcast.net*.

---

## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

**CHAPTER CHAIR:** Cynthia Karrington 931-303-3409  
*uppercumberland@tennesseetrails.org*

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

---

Hike information unavailable at press time.

---

## GUIDELINES FOR SUBMITTING HIKE INFORMATION

When submitting monthly hike listings, please include the following information:

- Date, trail name, location (Park, City, State), mileage, rating (easy, moderate, etc), hike description (what you may expect to see, elevation changes, obstacles that affect the hike rating), what to wear or bring, meeting time and location, and hike leader's contact information.
- Please identify any hikes that are multi-chapter events.
- Please DO NOT format the submissions (avoid bold, italics, underlining or colored text), as this slows the editorial process.

Hike descriptions are strongly encouraged, but not mandatory. A good hike description can encourage members (and prospective members) to try a new hike, but also alerts prospective hikers to outings that may be unsuitable for their level of expertise, fitness, or fear of heights and suspension bridges.

All submissions should be made by e-mail to *editor@tennesseetrails.org*. This e-mail address is automatically copied to our webmaster. All submissions MUST be received by the 10th of the month PRIOR to the hikes (i.e. February hike listings must be submitted by January 10) in order to be included in the newsletter. Late submissions will be updated on the TTA website, but have no guarantee of inclusion in the newsletter.

We will also be glad to print any hike reports, general chapter news and hike or event photographs as space permits.



## OFFICERS:

### President

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

### Vice-President

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

### Treasurer

David Bowling 931-273-4202  
*treasurer@tennesseetrails.org*

### Secretary

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

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

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

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

David Bowling (2021) 931-273-4202  
*treasurer@tennesseetrails.org*

Mark Hubbard (2022) 615-715-1517  
*board@tennesseetrails.org*

Melinda Pearson (2022) 731-225-4293  
*secretary@tennesseetrails.org*

Vacancy (2019)  
*board@tennesseetrails.org*

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

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

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

## Regional Directors

### West TN

Terry Warren (2020) 731-535-0625  
*westregional@tennesseetrails.org*

### Middle TN

Joan Hartvigsen (2022) 931-962-0811  
*middleregional@tennesseetrails.org*

### East TN

Garnett Rush (2021) 865-268-5181  
*eastregional@tennesseetrails.org*

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

### Newsletter Editor

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

## 2020 TTA Board of Directors Meetings

Saturday, Aug 8: 11 AM

Hermitage Library  
3700 James Kay Lane  
Hermitage

Sunday, Oct 25

Time and Location to  
be announced.

### Correction to June newsletter:

The President's Corner incorrectly listed Friends of Short Springs as awarded an Evan Means Grant. The article should have stated The Friends of Old Stone Fort were awarded an Evan Means Grant for a certified arboretum for the park's Garrison Road Trail and Nature Trail.

## 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**

Jul 20

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

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

**PLEASE, PRINT CLEARLY.**

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

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

- E-mail addresses  
 Mailing address  
 Telephone numbers

- I would like to receive my newsletter by 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 Annual Membership Directory and Hiking Handbook, listing members by chapter and how to reach them and including 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. 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!**