

# 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.

The October TTA Newsletter will have details about events scheduled for the 4th weekend of this October.

## PRESIDENT'S CORNER

The Covid-10 pandemic has also had a profound effect on the operations of Tennessee Trails Association. Our Board of Directors have not been able to meet together to hold our quarterly board meetings and had to find new ways to attend to business. ZOOM!!! Connectionally, the Board deemed it necessary to cancel our annual meeting which was scheduled in October, 2020. The cancellation of our annual meeting has created issues as to how we continue to function within our bylaws. TTA bylaws **require** an annual meeting be held each year for the purpose of electing Board members.

The pandemic has had an impact on TTA. We will get through this. For the year 2020 please watch for information on how the voting process will be handled. We want your participation. We need your participation to keep our momentum going and to move forward and grow Tennessee Trails Association.

Keep hiking.

*Mary Etta Ward*

## EVAN MEANS GRANT AWARDED

The TTA Board awarded an Evan Means Grant of \$843.47 to the Friends of South Cumberland State Park.

The Grant is for Mile Marker/Location Identifier Medallions for all hiking trails one mile and longer. The purpose is to promote hiker safety and assist Rangers' rescue efforts.

In 2019 more than seventy medical rescues were required of Park Rangers in South Cumberland State Park. Because of the vast size of the park and the difficulties reaching remote locations during rescues, enabling rangers to more quickly pinpoint locations of hikers in need will allow Rangers to execute lifesaving rescues more rapidly.

The mile marker medallions will also allow for more detailed trail maps, trail description and landmark location. The Friends plan to produce detailed guides for its trails using the mileage marker system.

*Joan Hartvigsen*  
Evan Means Grant Committee Chair





**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)

Despite these uncertain times with COVID-19, the Cumberland Trails Conference has made great strides to complete segments of the Cumberland Trail core corridor.

The latest section built by the CTC Central Crew is in the Catoosa Wildlife Management Area. This section of the Cumberland Trail is part of the Obed Wild and Scenic River Segment and runs from Peavine Road to the Devil's Breakfast Table in Catoosa WMA.

The new trail through the Catoosa Wildlife Management Area is 6.3 miles in distance and crosses Keyes-Harrison Wildlife Management Area and features a primitive camping site south of McGinnis Branch.

The CTC Southern crew has been working to complete the Stinging Fork to Hinch Mountain section of the Cumberland Trail. They expect this almost 8-mile section of the trail to be complete in September.

Please look for an update to the Obed Wild and Scenic River trail map by visiting [www.cumberlandtrail.org](http://www.cumberlandtrail.org).

Cumberland Trail Maps are also available through the Cumberland Trail State Park website <https://tnstateparks.com/parks/cumberland-trail>.

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**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.

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**Sep 12 - Savage Gulf SNA, following trails which form a loop: Stone Door, Big Creek Gulf, & Laurel. 7.8 miles. Difficult.** Paul Schwab 931-801-9484. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 134 miles to trailhead.

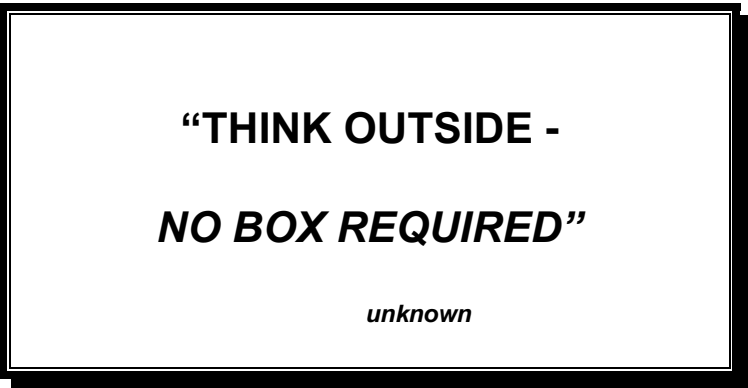
**Sep 15 - Monthly Chapter Meeting.**

**Sep 19 - McGregor Park to Ft. Defiance and back. 2.7 miles. Moderate.** Philip Anderson 931-561-0925. Meet 8:00 am CT.

**Sep 26 - Public Lands Day. Work on the new trail at Dunbar Cave State Park.** Paul Schwab 931-801-9484. Meet 8:00 am CT at the picnic table at the trailhead. Bring work gloves.

***“Of all the paths you take in life, make sure a few of them are dirt.”***

***John Muir***



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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

**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.

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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 5 - Grotto Falls in GSMNP.** This hike is one of the most travelled trails in our Smokies. We will begin our hike at Trillium Gap trailhead and hike 1.3 miles to Grotto Falls. Grotto Falls is a 25 foot waterfall that you can actually hike behind the falls. You will feel the moist mist of mountain water as you hike behind the falls. We will hike another 2 miles to the Summit of Brushy Mountain for a total of 6.6 miles total round trip. We will get an early start by meeting in the Grotto Falls parking lot at 8:30 am ET. Directions to the parking lot are: Take a left at the light #8 off the Gatlinburg Parkway and go .7 miles then veer to the right onto Cherokee Orchard Rd. Drive another 2.2 miles to Roaring Fork Nature Trail (a one-way loop road). Go 1.6 miles and look for the Grotto Falls parking lot, park on your left side of the road. This hike could be subject to change because of the coronavirus and weather conditions. Please pre-register with Rosie at *rosemary\_L@hotmail.com* or 865-985-9144.

**Sep 12 - House Mountain.** Come join us for a hike to House Mountain located only 15 miles from Knoxville. We will be able to see the Cumberlands to the Northeast if skies are clear. This is a good hike for bird watchers. Hawks migrate and warblers can be seen from the top. The total mileage is 5 miles and rated moderate. Please bring mask and hand sanitizers. Be sure to pre-register with Carolyn Reeves at *crhiker03@gmail.com* or 865-399-2972.

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## 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:** Tom Hartvigsen 931-962-0811  
*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 8 – Little Hurricane Creek Paddle and bike ride.** Meet at 8:00 am CT at Pleasant Grove Public Use Area, 199 Pleasant Grove Drive, Estill Springs, TN. Beautiful Little Hurricane Creek flows through Owl Hollow Mill Wildlife Management Area on its way to Tims Ford Lake. We can paddle to Maple Bend Island. No vehicle shuttle. Bring a lot of water, snacks and lunch. After our paddle we will ride our bicycles inside Tims Ford State Park. The park's paved bike trails are the best in the state park system and leads to gorgeous views of the lake. So, let's make a day of it! Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914.

**Sep 15 – Bear Creek Backcountry Loop Trail, Cloudland Canyon State Park, Trenton, GA. 8 miles. Moderate to strenuous. Steep climbs, creek crossings. Joint hike with the Soddy-Daisy Chapter.** Beautiful views of the canyon from the east rim. Trail is not crowded. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914 (cell). Bring a lot of water, snacks, lunch, hiking sticks. Wear sturdy hiking boots. We will meet at the Visitor Center at 8:00 am CT.

**Sep 18-20 – Camping on Big Island and Little Island on Tims Ford Lake. Kayaking on Tims Ford Lake and hiking on Ray Branch Peninsula. Joint outing with the Murfreesboro Chapter.** Contact Joan Hartvigsen to reserve a spot on Big Island or Little Island, *jhartvigs@comcast.net* or 931-962-0811. Saturday we will kayak to Ray Branch Peninsula and hike Evans Loop Trail and a section of the Ray Branch Shoreline Trail. Total hiking distance four miles. Bring a small backpack to carry water on your hike. You will need hiking boots and hiking socks in addition to camping gear and kayaking gear and food and drinking water. Saturday evening we will drive to Winchester and eat outdoors at Twin Creeks Marina.

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## Highland Rim Chapter - con't.

**Sep 26 – Bridal Veil Falls Loop Hike, Sewanee, TN. 5.8 miles. Joint hike with the Soddy-Daisy Chapter. Moderate because of steep downhill and steep uphill getting to Bridal Veil Falls.** We will meet at the Lake Cheston parking lot on the University of the South domain. We will hike from Lake Cheston to Bridal Veil Falls Loop back to Elliott Point, then return to Lake Cheston. Nice waterfall. Great views, pretty mountain laurel. Please register with our hike leader Marietta Poteet, [nannietta@blomand.net](mailto:nannietta@blomand.net) or 931-924-7666 to learn meeting time. Bring a lot of water, snack and lunch. You will need hiking sticks and sturdy hiking boots. Bring a towel for a cooling dip in Lake Cheston after our hike!

**Sep 27 - Paddle to Fancher Falls on Falling Water River from Johnson Chapel Recreation Area. About 5 miles round trip. Joint outing with the Murfreesboro and Upper Cumberland Chapters.** Located off US Hwy 70, 8.6 miles east of Smithville, on Johnson Chapel Road. No vehicle shuttle is needed. Meet at 8:00 am CT at Johnson Chapel Recreation Area. Bring a lot of water and lunch. Fancher Falls is formed by Taylor Creek thundering 60 to 80 feet into a secluded cove of Center Hill Lake. The spray from the Falls' 25 to 35 foot breadth will cool us. After our paddle we can eat our lunch in the shaded picnic area along the water at Johnson Chapel Recreation Area. Please register with Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811.

**Sep 28 – Chapter Meeting.** Meet at 5:00 pm at Tims Ford State Park Picnic Shelter #1. Bring your own dinner. LouAnn Partington, avian specialist with Ziggy's Tree Wildlife Rehabilitation Center, will present a program on the organization's work. In February 2020 the Tennessee Fish & Wildlife Commission presented LouAnn an Appreciation Award for her work in wildlife rehabilitation. Please contact Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-636-2914 to let her know you plan to attend. Please bring a lawn chair to further assist in social distancing.

### Planning Ahead:

**Oct 2-4 – Nathan Bedford Forrest State Park, Camden, TN. Joint outing with Murfreesboro and Jackson Chapters.** Camping, hiking and kayaking Kentucky Lake, aka Tennessee River. Reserved five Lake Front campsites. Water Trail: Boat Ramp #1 to Eva Beach. 5 miles out and back. Park is home to Tennessee River Folklife Interpretive Center and Museum. Nearby Johnsonville State Park also has hiking trails with lake views and an area to launch kayaks at lakeside parking area. Both parks feature Civil War history. More hiking at nearby Natchez Trace State Park. Susan Woods will lead our hikes in Nathan Bedford Forrest State Park. Susan is a lifetime member of the Jackson Chapter and Treasurer of the Friends of Nathan Bedford Forrest State Park. Please register early with Joan Hartvigsen if interested in staying in one of the five campsites, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811.

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## JACKSON CHAPTER

**CHAPTER CHAIR:** Melinda Pearson 731-225-4293  
[jackson@tennesseetrails.org](mailto:jackson@tennesseetrails.org)  
**TREASURER:** Anne Goodson 731-664-1556  
[jacksontreas@tennesseetrails.org](mailto:jacksontreas@tennesseetrails.org)  
**SECRETARY:** Terry McCoy 731-535-0625  
[jacksonsecy@tennesseetrails.org](mailto:jacksonsecy@tennesseetrails.org)  
**HIKE & FACEBOOK COORDINATOR:**  
Glen Rognstad 731-217-5966  
[jacksonhikes@tennesseetrails.org](mailto: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

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**Sep 5 - Davy Crockett State Park, Lawrenceburg, TN.** Terry Warren will lead a hike that will begin at the covered bridge/Crockett Falls area. The trail goes around Lake Lindsey along the Crawfish Trail then veers off to Lake Road Trail, Trail of Tears to Turkey Ridge Trail to the park office area. We will proceed around the paved road to Shoal Creek Trail which ends back at the Crockett Falls/covered bridge area. The trails offer scenic vistas of Shoal Creek, Crockett Falls, limestone bluffs, abundant wildlife and a serene forest. We will pass the owl area and a museum. The hike should be around 5.8 miles to 6 1/2 miles. It is an easy to moderate hike with slight elevation. Bring plenty of water, snacks, and wear comfortable clothes. For those who want to eat afterwards, we will go to the Hwy 55 Cafe (features burgers, sandwiches, salads, chicken, shrimp, shakes, fries in a 50's setting and the Philly cheesesteak is the bomb!). Meet Terry at the court square in Lexington across from the Princess Theater at 8:15 am or at the covered bridge area around 10:15-10:30 a.m. Please contact Terry to register or for more information at 731-535-0625 or email to [terrymccoy832@yahoo.com](mailto:terrymccoy832@yahoo.com).

**Sep 8 - Monthly meeting.** Will be held by Zoom at 6:00 pm. Normally we meet on the first Monday but since that is Labor Day, it will be on Tuesday.

**Sep 19 - Natchez Trace State Park near Wildersville/Lexington TN.** Currently, the hike will go around Cub Lake for approximately 5-6 miles. The trail borders Cub Lake along with wildlife, forest, and a swampy area. This is a moderate hike with slight elevation. Please contact Terry Warren if you plan to hike as the trail may change by Sept. 19. Terry 731-535-0625 or [terrymccoy832@yahoo.com](mailto:terrymccoy832@yahoo.com).

### Planning Ahead:

**Oct 2-4 - Nathan Bedford State Park near Camden, TN. Joint activity with Highland Rim and Murfreesboro Chapters.** Susan Woods will lead the hike on Saturday. Please see the Murfreesboro or Highland Rim news for complete description and details. Some people will camp in the area. Please contact Joan Hartvigsen for more information at 931-962-0811 or [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net).

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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 26 - 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. Bring snacks, water and hiking pole. Sometimes we have a water crossing so be prepared (bring extra socks, a towel to dry your feet or waterproof shoes). Rain cancels hike.

Requirements for hiking:

- You must register for the hike: leave a message or text Linda 901-489-9157 no later than 6:00 pm Friday Sept 25.
- Bring your own hand sanitizer, ink pen for signing in, and mask (required to enter the visitor center and bathrooms in all Arkansas State Parks)
- Keep your mask/face covering with you at all times when in the Park. (required in all Arkansas State Parks)
- You will need to wear your mask while congregating in the parking lot and if you cannot maintain 6 ft. distance while hiking (required in all Arkansas State Parks)
- If you are sick or may have been exposed to someone with COVID-19 you should not hike
- If the air temperature or heat index is 90 or above, you should carefully consider your health when deciding whether or not to hike.

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## 2020 TTA Board of Directors Meetings

Sunday, Oct 25

Time and Location to be announced.

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## 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)

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**Sep 8 – Chapter Meeting.** Our speaker is Mike Shirley from Family Pet Health. He will speak about taking our dogs hiking - etiquette, gear, suggested vaccines, how to spot signs of distress and more.

**Sep 18-20 – Tims Ford State Park Island Camping. Kayaking on Tims Ford Lake and hiking on Ray Branch Peninsula. Joint outing with the Highland Rim Chapter.**

To reserve a camping spot on the island, contact Joan Hartvigsen at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811. Saturday we will kayak to Ray Branch Peninsula and hike the Evans Loop Trail and a section of the Ray Branch Shoreline Trail. Total hiking distance is 4 miles. You will need hiking boots, in addition to food, water, camping and kayaking gear. Saturday evening we will drive to Winchester and eat outdoors at Twin Creeks Marina. For more information contact Sara Pollard at 615-714-3610 or [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com).

**Sep 26 – 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).

**Sep 27 - Paddle to Fancher Falls on Falling Water River from Johnson Chapel Recreation Area near Smithville. About 5 miles round trip. Joint outing with the Highland Rim and Upper Cumberland Chapters.** Johnson Chapel Recreation Area is located off US Hwy 70, 8.6 miles east of Smithville. No vehicle shuttle is needed. Meet at 8:00 am CT at the Johnson Chapel Recreation Area. Bring a lot of water and lunch. Fancher Falls is formed by Taylor Creek thundering 60 to 80 feet into a secluded cove of Center Hill Lake. After our paddle we can eat our lunch in the shaded picnic area along the water at Johnson Chapel Recreation Area. 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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Planning Ahead:

**Oct 16-18 - Joyce Kilmer Memorial Forest in the Nantahala National Forest. Robbinsville, NC. Camping and hiking weekend.** Rattler Ford group campsite near Robbinsville has been reserved. Facilities include a rustic bathhouse with flushing toilets, running water and a shower. The bathhouse will be shared with other campers-not just our group. Saturday's hike is to the Hangover via the Wolf Laurel trailhead. The Hangover is a rocky outcropping that offers panoramic views of the forest below in all directions. This hike will require an 8 mile forest service road drive and we'll need to carpool because parking is limited at the Wolf Laurel trailhead. REGISTRATION FOR THIS EVENT IS NECESSARY because of the limited spaces at the campsite and the fluid situation concerning COVID 19 closures. This is a 6 mile out and back hike and we can add mileage to Stratton and/or Bob Bald if we want to. Elevation change roughly 800 feet. Sunday those who want to kayak - Lake Santeetlah is very close by. For those who'd prefer to hike, there are lots of other trails in the area as well. For more information or to sign up contact Jan Safavi at 615-390-9146 or [safavi.jan@gmail.com](mailto:safavi.jan@gmail.com).

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## NASHVILLE CHAPTER

**CHAPTER CHAIR:** Doug Burroughs 615-283-0507  
[nashville@tennesseetrails.org](mailto:nashville@tennesseetrails.org)

**OUTINGS COORDINATOR:** Nancy Juodenas 615-319-8811  
[nashvillehikes@tennesseetrails.org](mailto:nashvillehikes@tennesseetrails.org)

*(email Nancy & volunteer to lead an outing)*

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

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

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**Sep 3 - Burch Reserve. A moderate 3-mile hike that has a bit of everything.** 8-930am. Wide paved road to rocky single track with 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!). There's about 400' in elevation gain and descent. A majority of the hike is shady but the meadow portions are bright and sunny so don't forget your water and hats. Limited to 10 so rsvp early. Please provide cell phone in case of weather cancellation. RSVP to Niola Cusati: [niolac@gmail.com](mailto:niolac@gmail.com) or text 408-455-2472.

**Sep 10 - Warner Park Nature Center. 3.5 miles on mostly shady trails.** 8 am. Warner is a popular park with both wide paved trails and single tracks thru the hills. Our loop will take us on both. Limited to 10 so rsvp early. Please provide cell phone in case of weather cancellation. RSVP to Niola Cusati: [niolac@gmail.com](mailto:niolac@gmail.com) or text 408-455-2472.

**Sep 12 - Bowie Nature Park, Fairview, TN. 5 miles plus. Easy.** This beautiful city park is a 700 acre wonderland of native trees, lakes and valleys. Within the park there are 17 miles of winding trails which move the traveler through several eco-systems, including wetlands, grasslands, pine forest, hardwood forest and bottomland. The terrain is mostly level with a few slight rises and a couple of shallow stream crossings. There is also a nature center open from 9am to 4pm. We will hike a combination of trails for about 5 miles, or more if the group wants. Meet at the Nature Center parking lot at 8:00 am. You must pre-register for this hike and current park and TTA COVID-19 guidelines apply. Bring water, insect repellent, snacks, water, good hiking shoes/boots and clothing appropriate for the weather. Text or email Nancy Juodenas at 615-319-8811, [njlj1011@gmail.com](mailto:njlj1011@gmail.com) for more information and to register.

**Sep 17 - Burch Reserve. Moderate 3-mile hike that has a bit of everything.** 8-9:30 am. Wide paved road to rocky single track with 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!). There's about 400' in elevation gain and decent. A majority of the hike is shady but the meadow portions are bright and sunny so don't forget your water and hats. Limited to 10 so rsvp early. Please provide cell phone in case of weather cancellation. RSVP to Niola Cusati: [niolac@gmail.com](mailto:niolac@gmail.com) or text 408-455-2472.

**Sep 24 - Warner Park Nature Center. 3.5 miles on mostly shady trails.** 8 am. Warner is a popular park with both wide paved trails and single tracks thru the hills. Our loop will take us on both. Limited to 10 so rsvp early. Please provide cell phone in case of weather cancellation. RSVP to Niola Cusati: [niolac@gmail.com](mailto:niolac@gmail.com) or text 408-455-2472.

**Sep 24 - Montgomery Bell Overnight Trail. 11 miles with option for 6 or 7.5 miles. Moderately challenging primarily for distance.** 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 bring plenty of water, sun protection, and bug spray. Contact Mark Hubbard at [mark.hubbard@mhub.us](mailto:mark.hubbard@mhub.us) or 615-715-1517.

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## Nashville Chapter – con't.

**Sep 26 - Nathan Bedford Forrest State Park, Eva, TN. 10 miles. Moderate.** The park is located on the western bank of Kentucky Lake. Within the park is the Tennessee River Folklife Center and Pilot Knob, one of the highest points in West Tennessee, standing 665 feet above sea level. The fertile ridges of this area abound in hardwoods and beneath them a wide variety of ferns, mosses, shrubs and wildflowers. We will hike the 10 mile "red" trail which is described as being a "good day trail of moderate difficulty." The Lake is visible from the trail for the first mile or so, after which it descends, ascends and criss-crosses ridges, hollows, streams and hillsides. Wear sturdy hiking boots and bring snacks, water, lunch and a hiking pole. Meet at 7:30 am, in the parking lot in front of The Well Coffeehouse/Sprouts at One Bellevue Place. 7618 Hwy 70 S, Nashville, TN 37221. For more information and to register contact Doug Burroughs at [dougburroughs@tennesseetrails.org](mailto:dougburroughs@tennesseetrails.org) or 615-587-0085 (leave a message).

### Planning Ahead:

**Oct 28 - Full Moon hike at Bells Bend Park in Nashville.** 6 pm. Details in the October Newsletter.

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## PLATEAU CHAPTER (Crossville)

**CHAPTER CHAIR:** Norm Brinsley 931-202-2338  
[plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org)  
**TREASURER:** Clark Zedric 217-520-9889  
[plateautreas@tennesseetrails.org](mailto:plateautreas@tennesseetrails.org)  
**BOARD REPRESENTATIVE:** Bob Obohoski 931-456-4282  
[boardplateau@tennesseetrails.org](mailto: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. 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.

**Sep 2 - Sheltopee/John Muir Trail, Big South Fork, Jamestown, TN.** From the end of Duncan Hollow Rd we will follow the trail along the BSF Cumberland River. **Short Hike:** 4 mi in/out. **Long Hike:** 8 mi in/out. Depart 7:30 am CT from Cracker Barrel's rear lot in Crossville. Bring lunch, water and snack. Don't forget tick/bug spray and sunscreen. Gas cost is \$6.

**Sep 9 - Cumberland Mountain State Park, Crossville, TN.** We will hike the designated "County Marathon" trail plus hiker's choice. Pack water and snacks. We'll eat lunch at the park restaurant. Don't forget tick/bug spray and sunscreen. Depart 7:30 am CT from Trinity Tabernacle parking lot off Hwy 127S, one mile south of downtown Crossville. Gas cost \$1.

## Plateau Chapter – con't.

**Sep 12 - Black Mountain Trail Maintenance and Picnic, Hwy 68 up to the campsite.** We need a lot of people with swing blades. Calling all Members to come out and help clip, lop, saw, and ESPECIALLY weed-whack from 8-11am then meet up at the campground for a picnic. If you can't work you can volunteer to carry and set up the picnic. Gas cost is \$2. Bring water and a snack. Don't forget tick/bug spray and sunscreen. Depart 7:30 am CT Trinity Tabernacle parking lot off Hwy 127S, one mile south of downtown Crossville.

**Sep 16 - Big South Fork - Leatherwood Loop, Sunset Overlook Trail, East Rim Overlook, Jamestown, TN. Long Hike:** This will be a 7 mile moderate hike. **Short Hike:** 3 mile moderate loop. Depart Cracker Barrel at 7:30 am CT. Carpool cost is \$6. Pack water, snacks and lunch.

**Sep 19 - Cumberland Trail North Chickamauga Section, Soddy Daisy, TN. LONG HIKE:** Starting from the Barker Camp Rd trailhead we'll hike 8.3 miles along and across Cooper Creek, bring water shoes. There is a nice overlook near Panther Branch. After descending several switchbacks we will cross Cooper Creek to Stephen's Campground then past old mines to Montlake Rd Trailhead. **SHORT HIKE:** After dropping off the long hikers, drivers will travel to the Montlake Rd Trailhead hiking in to meet the long hikers. Depart from Trinity Tabernacle Church at 7:30 am CT. Carpool cost is \$6. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

**Sep 23 - Martha's Pretty Point, Yellow Bluff and Welch's, Clifty Community, TN.** We will hike 4.5 moderate mile loop to Martha's Pretty Point then 2 short hikes out to the other overlooks. Depart 7:30 am CT from Tractor Supply on West Ave. Carpool cost is \$3. Pack water, snacks and lunch. Don't forget tick/bug spray and sunscreen. For additional information contact the hike leader, Howard Owen text/call 931-248-3190.

**Sep 30 - Rugby State Natural Area, Rugby, TN. White Oak, Kellogg, and Massengale Loop Trails.** We will hike the easy 4.1 mi White Oak and Kellogg loops then eat lunch at the RM Brooks General Store. After lunch we will hike the 1 mile easy Massengale Loop. Depart 7:30 am CT from Cracker Barrel's rear lot in Crossville. Carpool cost is \$5. Don't forget tick/bug spray and sunscreen. Pack water, snacks. For additional information contact hike leader, Howard Owen text/call 931-248-3190.

### Looking ahead

**Jan 9, 2021 - Joint hike with Soddy Daisy Chapter. Flats Mountain Trail in Cherokee National Forest.**

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## SODDY-DAISY CHAPTER

**CHAPTER CHAIR:** Jean Smith 423-596-7681  
*soddydaisy@tennesseetrails.org*  
**TREASURER:** Robertson (Bob) McGavock 423-667-2960  
*soddydaisytreas@tennesseetrails.org*  
**HIKE COORDINATOR:** Patricia Appleton 423-332-6517  
*soddydaisyhikes@tennesseetrails.org*  
**MEETS QUARTERLY:** Tuesday of the week following the TTA  
Board Meetings in Feb, May, Aug and Oct at 6:00 pm ET  
at Burk's United Methodist Church, 6433 Hixson Pike,  
Hixson  
*Additional information may be seen at our web site:*  
*<http://www.tennesseetrails.org/blog/soddydaisy>*

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**Sep 15 – Bear Creek Backcountry Loop Trail, Cloudland Canyon State Park, Trenton, GA. 8 miles. Moderate to strenuous. Steep climbs, creek crossings. Joint hike with the Highland Rim Chapter.** Beautiful views of the canyon from the east rim. Trail is not crowded. Please register with Joan Hartvigsen, *jhartvigs@comcast.net* or 931-636-2914 (cell). Bring a lot of water, snacks, lunch, hiking sticks. Wear sturdy hiking boots. We will meet at the Visitor Center at 8:00 am CT.

**Sep 26 – Bridal Veil Falls Loop Hike, Sewanee, TN. 5.8 miles. Joint hike with the Highland Rim Chapter. Hike is rated moderate because of steep downhill and steep uphill getting to Bridal Veil Falls.** We will meet at the Lake Cheston parking lot on the University of the South domain. We will hike from Lake Cheston to Bridal Veil Falls Loop back to Elliott Point, then return to Lake Cheston. Nice waterfall. Great views, pretty mountain laurel. Please register with our hike leader Marietta Poteet, *nannietta@blomand.net* or 931-924-7666 to learn meeting time. Bring a lot of water, snack and lunch. You will need hiking sticks and sturdy hiking boots. Bring a towel for a cooling dip in Lake Cheston after our hike!

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## 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*

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**Sep 4 - Beaman Park. Easy to Moderate with a couple of hills.** Join us for an out and back hike that leaves from the Beaman Park Highlands Trailhead. We will follow the Ridgetop Trail out & back. Should be less strenuous than our hikes from the Nature Center. Hiking poles recommended. Those who wish to carpool, please meet us at the Kroger in the Glenbrook Shopping Center at 9:00 am 1010 Glenbrook Way, Hendersonville, or meet at the park at the Highland Trailhead at 9:30. Take a right on Eaton's Creek Road off of Old Hickory before the turn into the Nature Center. Then take a left on Little Marrowbone Road and a left into the park. Continue up the hill to the Highlands Trailhead. For more information please contact Duane Frichtl at *duane5505@icloud.com* or 309-830-9720. We hope you will join us! We may not be able to carpool dependent on any restrictions at that time.

## Sumner Trails Chapter – con't.

**Sep 10 - Stones River Battlefield Boundary Trail. 3.3 miles. Easy hike that is a mix of paved and natural surface paths.** The trail winds thru historical features of this National Battlefield and is a mix of open sunny meadows, glades and shaded woods. If you would like to caravan to the trailhead please meet us at the Glenbrook Kroger (1010 Glenbrook Way) at 9 am. Otherwise please meet us at the Visitor Center parking lot 10 am (3501 Old Nashville Highway, Murfreesboro). Dogs allowed on leash. Note the visitor center may or may not be open on this day depending on Covid closures, but trails will be open for us. We hope to see you there! Contact Jenny Fitzgerald with questions at 615-517-8185 or *mrzfitz@gmail.com*.

**Sep 14 - Beaman Park, Nashville. 3.2 miles. Easy to moderate with a couple of hills.** Join us on a loop that leaves from the Beaman Park Nature Center. 5911 Old Hickory Blvd. We will follow the Sedge Hill Trail down to the Creek and take the Henry Hollow Loop Trail up across the ridge and back down to the creek, returning back along the Sedge Hill Trail to the Nature Center. Hiking poles recommended. Those who wish to carpool, please meet us at the Kroger in the Glenbrook Shopping Center at 9:00 am, 1010 Glenbrook Way, Hendersonville or meet at the park Nature Center at 9:30. For more information please contact Duane Frichtl at *duane5505@icloud.com* or 309-830-9720. We hope you will join us!

**Sep 23 - Short Springs State Natural Area, Loop Trail. 2.6 miles. Moderate hike offering stunning views of rich forest slopes, ravines, cascades and waterfalls.** We will hike past scenic Busby Falls along the Bobo Creek and then Machine Falls with its more than 60 foot drop on this loop trail. Sturdy hiking shoes and hiking poles recommended. Be prepared that your feet might get a bit wet as we cross some rocks. Dogs allowed on leash. If you would like to caravan to the trailhead please meet us at the Glenbrook Kroger (1010 Glenbrook Way) at 8:30 am. Otherwise please meet us at the Short Springs State Natural Area trailhead/parking on Short Springs Rd. in Tullahoma by 10:15 am (3501 Old Nashville Highway, Murfreesboro). We hope to see you there! Contact Jenny Fitzgerald with questions at 615-517-8185 or *mrzfitz@gmail.com*.

## Planning Ahead:

**Oct 2-4 - Save the Date for our Rugby, TN weekend hikes.** Lodging is available at historic Grey Gables 423-628-5252. More information to come. Email Owl Ballenger at *ballallenger@aol.com* with questions.



## OFFICERS:

### President

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

### Vice-President

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

### Treasurer

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*treasurer@tennesseetrails.org*

### Secretary

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

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Jane Coffey (2020) 615-614-1083  
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### Regional Directors

#### West TN

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*westregional@tennesseetrails.org*

#### Middle TN

Joan Hartvigsen (2022) 931-962-0811  
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#### 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*

## 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*

**Sep 27 - Paddle to Fancher Falls on Falling Water River from Johnson Chapel Recreation Area. About 5 miles round trip. Joint outing with the Murfreesboro and Highland Rim Chapters.** Located off US Hwy 70, 8.6 miles east of Smithville, on Johnson Chapel Road. No vehicle shuttle is needed. Meet at 8:00 am CT at Johnson Chapel Recreation Area. Bring a lot of water and lunch. Fancher Falls is formed by Taylor Creek thundering 60 to 80 feet into a secluded cove of Center Hill Lake. The spray from the Falls' 25 to 35 foot breadth will cool us. After our paddle we can eat our lunch in the shaded picnic area along the water at Johnson Chapel Recreation Area. Please register with Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811.

### 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](mailto: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 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!**