

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.

SPONSOR FOR THE CUMBERLAND TRAIL



SPREAD THE JOY

It won't be long until Tennessee awakens from winter and the spring wildflowers are again in bloom along the trails. What better time than now to invite a friend, co-worker or family member to join TTA and come hiking with us? To those who made fitness resolutions for the New Year you can share how hiking is both physically and mentally rewarding and how a TTA membership works nicely into most budgets.

Most of all tell them they'll meet some great folks who share a love of building, maintaining, and hiking the many trails Tennessee has to offer.

Ron Dunn, Membership Director

Wild & Scenic Environmental Film Festival Stopping in Knoxville Tuesday, March 24

What started 25 years ago to bring awareness and protection to the Yuba Watershed in Nevada City, California, has transformed into a congregation of environmental activists and professionals, filmmakers, and celebrities, dedicated to saving our increasingly threatened planet. Through the grassroots efforts of the South Yuba River Citizen's League (SYRCL), the Wild & Scenic Environmental Film Festival (W&SEFF) was created. The W&SEFF is the largest environmental film festival in the United States; held annually the second week of January in Nevada City, CA. Immediately after the Festival, the "Film Festival On Tour" show travels to cities throughout the US.

Through the lenses of these leading filmmakers, one can experience the adrenalin of kayaking the wildest rivers, climbing the highest peaks, and trekking across the globe with adventure films from around the world. These environmental and adventure films illustrate the Earth's beauty, the challenges facing our planet, and the work communities are doing to protect the environment.

The "Film Festival On Tour" makes its only stop in Tennessee in downtown Knoxville on Tuesday, March 24 at 7:00 p.m. (ET) at the Square Room located in the Historic Market Square district. The Square Room is housed in the rear of the 4 Market Square Building. Tickets are \$12 in advance, \$15 on the day of the event and available now through the Tennessee Clean Water Network (TCWN) office by calling 865-522-7007 ext. 102; or you can order tickets online at www.tcwn.org. TCWN organizes Tennesseans to claim our right to clean water and healthy communities by fostering civic engagement, building coalitions and advancing water policy for a sustainable future.

Banff Mountain Film Festival World Tour Coming to Middle TN March 30, 2009

Want to watch some serious Eco-adventure films? Films that feature a broad cross-section of styles and themes; including climbing, skiing, kayaking, adventure, culture and the environment? Banff Mountain Film Festival's World Tour is coming to Nashville on Monday, March 30, 2009. For thirty-three years the Banff Mountain Film Festival (BMFF) has been celebrating the spirit of adventure and the mountain environment.

Each November, the world's best films on mountain (and outdoors) themes draw an international audience to the town of Banff, Canada, located in the Canadian Rockies. Then around twenty years ago, BMFF began an outreach program to extend the festival to other communities and to people who cannot make the annual trek to the Canadian Rockies. Festival organizers wanted to showcase the efforts and talents of the world's finest mountain filmmakers. Today, the best films from each year's festival go on tour immediately following the three-day event in Banff.

The BMFF tour makes its only stop in Tennessee at the Pascall Theater on the campus of Montgomery Bell Academy (4001 Harding Road; Belle Meade) in West Nashville on Monday, March 30 at 7:00 p.m. (CT). Tickets may be purchased now for \$10 per person at Blue Ridge Mountain Sports (615-356-2300) located at 108 Page Rd in Belle Meade. On the night of the show, expect to pay \$12 per person. Please note, seating is limited at the Pascall Theater and due to the popularity of this event it is wise to purchase the tickets ahead of time. This event is for everyone; whether you are an experienced mountaineer or an armchair adventurer, you won't want to miss the best of mountain and outdoor adventure films on the big screen!

CUMBERLAND TRAIL CONFERENCE

Office Location 19 East 4th Street
..... Crossville, TN 38555
Office Hours 8am-5pm
Phone: 931-456-6259
Fax: 931-456-4934
Email: cumberlandtrail@rocketmail.com
Website: www.cumberlandtrail.org

CUMBERLAND TRAIL CONFERENCE STAFF:

General Manager..... Tony Hook.....tony.hook@frontiernet.net
Trail Development Coordinator..... Amanda Leamon.....amanda.leamon@frontiernet.net
Trail Programs Coordinator Alex Schafer.....alex.schafer@frontiernet.net
Office Manager..... Marleya Pendleton...marleyapendleton@frontiernet.net

CTC Schedule

February 22 - March 28, 2009 - BreakAway 2009 - Hamilton County - BreakAway 2009 is a 5-week trail building program and is combined with environmental education, history, culture, and musical sessions. This program involves students from across the United States traveling to Tennessee and volunteering on their spring break to construct and maintain the trail. BreakAway 2009 will take place in Hamilton County, the trail's southern corridor. The objectives of this program are the repair and building of new trail in the North Chickamauga Gorge, trail maintenance in other areas, replacing three log bridges in Rock Creek Gorge, and assisting with the construction of a bridge in Little Possum Gorge. The program's camp will be the Dogwood Lodge near Soddy-Daisy, TN. Space is limited and volunteers will need to RSVP with the CTC office.

March 28, 2009 - Chattanooga Outdoor Expo - Chattanooga - Join other CT hikers as Outdoor Chattanooga kicks off the 2009 outdoor season at the brand new home in Coolidge Park. See Outdoor Chattanooga Outdoor Expo, Gear Swap and Grand Opening Celebration website for more details.

April 18, 2009 - Earth Fest 2009 - Pellissippi State 11am-7pm EST - A day of food, fun, entertainment, and lots of environmental education opportunities. Admission is free. See East Tennessee's Earth Day Festival website for more details.

April 19 - 26, 2009 - Frozen Head Outing - Wartburg, TN - Students from Wartburg College, Waverly, Iowa will be traveling to Tennessee to assist with construction of the Cumberland Trail. Participants will be camping at Frozen Head State Park and working to reopen the closed North Boundary Trail which will become the northern section of the CT in Frozen Head. Volunteers interested in working with the students, please RSVP with the CTC office.

May 7 - 10, 2009 - Southeast Foot Trails Coalition Conference - Pine Mountain State Resort Park in Pineville, KY - Meetings and some activities will take place at Pine Mountain State Resort Park in Pineville, KY. Other activities will be held at nearby Cumberland Gap National Historical Park. Park staff will lead guided hikes. We will have educational sessions and group breakout discussions. There will be social activities including a square dance on Friday evening and a visit to the Hensley Settlement at CGNHP on Saturday evening for a cookout and some night sky / night hike activities. A special public ceremony is planned to recognize the connection of Cumberland Trail and Pine Mountain Trail at Cumberland Gap. Registration will open in January on the SEFTC website.

May 15 - 17, 2009 - Scout Weekend - Scott County - Scout groups will be camping at Nick's Creek campground in Scott County, TN. Saturday, May 16, trail construction in the Smoky Mountain (New River) segment with an environmental program that evening. Sunday, a 5 and 10 mile hike on the Cumberland Trail is scheduled. A patch will be given to commemorate the event. A \$3.00 registration/person is required and scout groups will need to RSVP with the CTC office.

May 31 - June 6, 2009 - AHS Week - Scott County - American Hiking Society vacation participants will be constructing trail in the Smoky Mountain (New River) segment of the CT located in Scott County, TN. The Stony Fork School will serve as the base camp. All volunteers will need to RSVP with the CTC office.

Yes, I want to help the Cumberland Trail Conference change the map and leave a legacy!

Name _____ Address _____
City, State, Zip Code _____ Email _____ Phone _____

Donation gifts:

___ \$1,000+ receives stainless steel water bottle, wicking t-shirt, and mug
___ \$500+ receives wicking t-shirt and mug ___ \$100+ receives a mug ___ \$50 trail supporter t-shirt (cotton) ___ \$25
___ Other _____

Method of Payment:

___ Check, made payable to "Cumberland Trail Conference"
___ Visa ___ MasterCard _____ card no.
_____ Signature _____ Exp date

*The Cumberland Trail Conference, an associate organization of the Tennessee Trails Association, is a 501 (c) (3) non-profit organization and donations are tax-deductible. Please see your tax advisor. **We are grateful for you support.***

BIG SOUTH FORK CHAPTER

CHAPTER OFFICER: Jim Meadows
423-628-6475 jhnmhm@highland.net
SECRETARY / TREASURER: Benita Howell
423-628-5521 bjhowell@highland.net
BOARD REPRESENTATIVES: Tim & Lynn Takacs
615-824-7048 lynntakacs@comcast.net
or ttakacs@comcast.net
OUTINGS COORDINATOR Tom Howell
423-628-5521 tshowell1003@highland.net
(Call Tom & volunteer to lead an outing.)

Mar 14 Join the Highland Rim chapter for an early spring wildflower hike at Piney River near Spring City. Call hike leaders Jim and Marietta Poteet for information at 931 924-7666 or e-mail nannietta@blomand.net.

Mar 28 Pickett State Park, Jamestown, TN We'll combine the Hazard Cave loop and the short Indian Rockhouse trail for three miles of easy to moderate hiking before lunch, followed by the 2.5 mile Lake Trail loop after lunch. Meet at Harrow Road Cafe at 9:30 a.m. Eastern time, or at the parking area at the Hazard Cave trail head on TN 154 (south of the visitor center) at 9:30 Central time. Pack lunch, plenty of water and insect repellent, and dress appropriately for weather conditions. To register contact Tom Howell at 423 628-5521 or e-mail tshowell1003@highland.net.

CLARKSVILLE CHAPTER

CHAPTER OFFICER: J.R. Tate 931-920-2692
modelt@charter.net
OUTINGS COORDINATOR: Suva Bastin 931-645-2849
(call Suva & volunteer to lead an outing)
MEETS MONTHLY: 3rd Tuesday, 7:00 pm CT at Crow
Community Center, 211 Richview Rd.

Mar 7 Mouse Tail Landing State Park, Linden, TN; 8 miles, moderate; Suva Bastin 931.645-2849; meet 7:30 am, Big Lots parking area, Riverside Drive, Clarksville, TN.

Mar 14 Cub Creek Lake- Fern Trail Loop, Natchez Trace State Forest, Lexington, TN; 4.5 miles, easy: Paul Schwab 931.645-9068; meet 7:00 am, Big Lots parking area, Riverside Drive, Clarksville, TN.

Mar 21 Volunteer Trail, Long Hunter State Park, Hermitage, TN; 12 miles, easy but long; Renate Gills 931.648-1448; meet 8:00 am, I 24 Exit 11 commuter parking lot.

Mar 28 Cedars of Lebanon State Park, Lebanon, TN, 7 miles, easy; Suva Bastin 931.645-2849; meet 8:00 am, I 24 Exit 11 commuter parking lot.

Volunteer Opportunities

Listed are some volunteer opportunities to work at the South Cumberland Recreation Area. We welcome all persons willing to put in a few hours of trail work.

Apr 4: Ranger Bill needs a 4-5 volunteers Saturday, April 4 (rain date April 5) for face-painting during their Easter egg hunt.

Apr 25: Full day event. Clean-up (a meaningful 3-4 hour clean-up), lunch, and ranger activity. Place to be determined.

Jun 13: 2-hour clean-up Fiery Gizzard (9:30 – 11:30), prior to the annual Friends of South Cumberland meeting. The group can then go over to the Visitor Center for the Friends of South Cumberland meeting (which will also include the lunch and 2 hikes).

COLUMBIA/FRANKLIN CHAPTER

CHAPTER OFFICER: Bobby Hardeman
615-430-0638 puttr22@aol.com

MEETS MONTHLY: 1st Tuesday at Grand Buffet (Hwy 31, north side of Spring Hill). Socializing and dinner at 6:00pm CT; meeting starts at 7:00pm.

Mar 3 Regular monthly meeting at Grand Buffet. Reports from February hikes and plans for upcoming activities.

Mar 14 Piney River Trail near Spring City in the Piney River Pocket Wilderness Area. This is a beautiful area with many features. Wildflowers are plentiful in season. The hike will require a shuttle on this one-way trail. The 8 mile long hike is rated moderate. Wear boots and bring water, lunch and snacks. Meet at A&D Market (Hwy. 231, just south of I-840) ready to leave at 6:30 a.m. Register with Marvin Caine at MLCaine@aol.com or 931-486-1632.

Mar 21 (DATE SUBJECT TO CHANGE-PLEASE CHECK with contact person, Bobby Hardeman) Still House Hollow Falls Trail Maintenance Day. Meet at the trailhead kiosk at 9:00 a.m. We will install steps, collect trash, rake, trim and repair. Tools will be available but you may want to bring your own.

Mar 28 Meriwether Lewis Trail. This hike is centered on the Meriwether Lewis Monument, just off the Natchez Trace Parkway. The hike begins at Grinders Stand where Lewis died under circumstances that remain mysterious to this day. The 3.5 mile loop follows a mile of the historic Trace down to Little Swan Creek, through streamside forest, over ridges and then back to the monument area. The difficulty rating is easy to moderate. Bring water and snacks. Meet at Columbia State Community College parking lot at 8:00 a.m. to carpool or at the trailhead at 9:00. Register with Pam Frakes at pjfrakes@bellsouth.net or 615-302-4741.

Jun 6 Looking ahead with plans to observe National Trails Day at Fort Donelson with Rick Lausten leading a hike.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER OFFICER: Rosemary Marshall
865-548-6171 *Rosemary_L@hotmail.com*
CHAPTER CO-OFFICER: Allie Sasser Hubbs
865-494-9522 *hike_announcement_etchapter@yahoo.com*
ASSISTANT CO-OFFICER: Elise Eustace
865-712-1916 *eliseeus@hotmail.com*
TREASURER: Bob Uhren
snowcap34@hotmail.com

Mar 7 GSMNP Join us for a one way hike along Chestnut Top Trail, Scott Mtn. Trail, and Crooked Army Ridge Trail. This hike is a total of 10.6 miles with an ascending elevation change of 2250 for the two trails and a drop of 1500 along the Crooked Army Ridge Trail. Please meet at the Townsend Y at 9 am. From 9 am - 9:30am we will plan on shuttling any necessary cars - leaving out by foot at 9:30am from the Townsend Y onto Chestnut Top Trail. Since this hike requires a shuttle please pre-register with Elise Eustace at 865-201-5806 or eliseeus@hotmail.com (for those who wish to hike Chestnut Top Trail only, returning to the Townsend Y, the trip totals 8.6 miles.)

Mar 22 Riverbluff Trail climbs 400 feet to cross the ridge top overlooking the Clinch River. The RiverBluff Trail has one of the most spectacular early spring wildflower displays in East Tennessee. The trail difficulty is moderate; allow plenty of time to enjoy the wildflowers and birds. This hike will start at 2pm on Sunday. Call Robert 865-494-9522

Mar 28 Benton MacKaye Trail - Beech Gap to Whigg Meadow and return. We will begin at the TN/NC state line on the Cherohala Skyway and follow the trail as it nearly parallels the Skyway to Mud We should have great views of the surrounding mountains and TN valley if the weather is good. The hike is 8 miles RT rated moderate due to some ups and downs . Dress warmly as most of the hike is above 4500'. Bring lunch and water. Tennis shoes are not advisable. Meet at 8:30 ET at the Maryville Wal-Mart, US 129/411S, in the corner of parking lot across from the Wal-Mart gas station. An alternate meeting place is the Cherohala Skyway Visitors Center in Tellico Plains at 9:30 ET. For further info or to pre-register, contact Keith at 865-982-7368 or keithmertz@hotmail.com

COVE LAKE CHAPTER

CHAPTER OFFICER: Richard Helm
423-562-1110 *Richard.Helm@ahss.org*
CO-CHAIR: George Gill 423-562-7121
MEETS MONTHLY: Meetings will be held at Cove Lake State Park at 6:00pm on the first Monday each month.
Mar 2 We will be holding our meeting in the LaFollette Recreation center @ 6:00 p.m. For more information contact Richard Helm 423-562-1110
Mar 7 Meet 9:00 a.m. @ Jacksboro Middle School parking lot. We will carpool out to Norris Tennessee Watershed. More info or reservations contact Richard Helm 423-562-1110 Everyone is welcomed!
Mar 21 Meet 9:00 a.m. @ Jacksboro Middle School parking lot We will be hiking the Smokey Mountain Segment of the Cumberland Trail. The hike is 3 miles rated moderate-difficult. More info. or reservation contact Richard Helm 423-562-1110
Mar 29 Meet 1:30 p.m. @ Jacksboro Middle School parking lot We will be going out to Savage Gardens. It is a beautiful hike. Everyone is welcomed. Be sure to bring your camera!

HIGHLAND RIM CHAPTER (Tullahoma Area)

CHAPTER OFFICER: H.T. (Tom) Bentley
931-455-5849 *htbentley@lighttube.net*
VICE PRESIDENT: Joette Carter 931-968-0073
OUTINGS COORDINATOR / NEWSLETTER CONTACT:
Contact Tom Bentley
MEETS MONTHLY: 1st Tuesday at Crockett's restaurant in Tullahoma. Socializing & dinner at 6:00pm CT; meeting starts at 7:00pm

Mar 3 Monthly Meeting - CD Stamps on South Jackson 7:00 Our program will be Mary Priestley, a well know botanist in Tennessee and resident of Sewanee. She has authored many articles and books and even has been know to compose a song for a special occassion. Dinner will be at 5:30 at Fast Jack's on Lincoln Street one block west of the tracks.

Mar 6-8 Members of the Boro Chapter have decided to add a BreakAway Weekend to their calendar for March 6, 7, 8.They will be helping with general trail maintenance including easy raking, loping branches, painting blazes, and cutting out brush in the Soddy Daisy area. Great fun and exercise at low level.Millette will be the contact person. She said "Now this will be a bit different from going down and spending a whole week. The main difference is the students will be leaving on Saturday morning and a new group will come in on Sunday afternoon. For this reason we will need to supply our own meals we will however have access to the Dogwood camp.If you have been interested in trail work but don't want to do the really heavy work this will be the event for you. If you are working towards your 50 mile patch this will fulfill your required 10 hours of volunteer time too! We'll drive down Friday afternoon (and get to enjoy the live music show that BreakAway is putting on for the kids), work Saturday and Sunday and drive home Sunday afternoon.Get in touch if you want more info or want to sign up!millette.jones@comcast.net or 615-397-9588"

Mar 7 Wolf Cove hike on Carter Mountain, waterfalls, views, off trail, strenuous 6 to 8 miles Joette 968-0073

Mar 14 Piney River Wildflower Hike -Jim and Marietta Poteet will lead a hike to Piney River. It will be a perfect time to watch for wildflowers. The hike is rated easy to moderate - moderate because of the 10 mile length. Because it is a wildflower hike, it will be slower than other hikes. If you are interested in spring wildflowers, this would be a good hike to participate in. Remember it is 10 miles. Please contact Marietta at nannietta@blomand.net or 931-924-7666

Mar 21 Eat-Hike-Eat Hike Informal. Usually easy hike. 4-5 miles Start 9:45 Blue Chair Sewanee - Contact Tom Bentley 455-5849 htbentley@lighttube.net Coordinator for details.

JACKSON CHAPTER

CHAPTER OFFICER: Candy Higgs
731-695-1960 *chiggs_3@yahoo.com*
TREASURER: Sara Hakim
206-553-9334 *sara.hakim@gmail.net*
SECRETARY Don Dresser
731-668-4190 *Donald_Dresser@usit.net*
OUTINGS COORDINATOR: Glen Rognstad
731-217-5966 *glenrognstad@gmail.net*
MEETS MONTHLY: 2nd Mon at Perkins Restaurant, 999 Vann Drive
in Jackson. Socializing & dinner starts 6:00pm CT; meeting
starts 7:00pm

Mar 7 - South Cumberland SRA - **Fiery Gizzard Trail**. This is an overnight excursion to Tracy City. This is a 14 mile hike along a long canyon at the edge of the Cumberland Plateau. The canyon is narrow, with tall stands of pine forming a thicket overhead. This hike is rated difficult due to the terrain and length. For additional information and to register, please contact Sara Hakim at 206-553-9334 or hakim.sara@gmail.com.

Mar 9 - Chapter Meeting: Meet at Perkin's Restaurant on Vann Drive. We will eat at 6:00 p.m. and the meeting will start at 7:00 p.m. Please contact Candy Higgs at chiggs_3@yahoo.com or 731-695-1960 if you need additional information.

Mar 14 - Land Between the Lakes. We will walk a loop that will total about 7 miles, starting from the main entrance station at the south end of the park. The hike is rated moderate for the hilly terrain. Wear sturdy shoes and bring a jacket, food and water. Carpool: Gather at the parking lot behind the old Suede's Restaurant (now a radio station) around 8:00 and leave by 8:15. We will depart from the trailhead at 10:00am CT. To reach the trailhead, proceed east on US 79 about 22 miles past Paris and about 5 miles past the Tennessee River. Take the second left into LBL, which is the main entrance road, and proceed north to the entrance station. Please bring lunch/snack, plenty of water and sturdy hiking boots are recommended. For information and to register, contact Donald Dresser at 731-668-4662 or donald_dresser@usit.net

Planning ahead:

Apr 4 - South Cumberland SRA - Collins Gulf. This will be our annual overnight wildflower hike. For information and registration, please contact Glen Rognstad at 731-217-5966 or glenrognstad@gmail.com.

NORTHWEST CHAPTER

(UT at Martin/Weakley County)

CHAPTER OFFICER: Jim Clark 731-587-2225
jclark@utm.edu

Our Chapter is active despite not having an announcement for specific hikes. Call Jim Clark at 731-587-2225 to find out what you can do to help the chapter.

MEMPHIS CHAPTER

CHAPTER OFFICER: (Memphis BD REP) Margaret Smith
901-210-6097 *spikie542003@yahoo.com*

MEETS MONTHLY: (Sep - May) 3rd Thursday at 7:00pm CT at
Cordova Library, 8457 Trinity Rd.

Mar 7, Meeman-Shelby Forest - Chickasaw Bluff Trail Meet at the park visitor center at 9:00 a.m. and bring water and snacks. Hike begins with a car shuttle to the north end of the trail for a 6 to 8-mile easy to moderate hike through the forest and connect up to the Woodland Trail then hike back to the visitor center. For information call Pam Beale at 901-385-9620.

Mar 14-15 Wall of Jericho, about 95 miles south of Nashville **REGISTRATION REQUIRED** The hike is about 3.5 miles each way and is strenuous. Steeply downhill most of the route into the gorge and uphill coming out. Be equipped for a serious hike (take plenty of water, snacks, lunch, dry socks, sandals, walking stick, and rain gear)! The trail is well marked but is often muddy and several streams have to be crossed. Plan on a minimum of six hours to make the round trip, which includes a two-hour stay in the gorge. Pre-registration required. For lodging information call Jerry at 901-213-0604.

Mar 19, Monthly Meeting – Hiking the Haute Route Joe & Carol Lee Royer of Outdoors Inc. will present a slide show "Hiking the Haute Route". Great photography for what Outside Magazine says is the "best hike in the world". The Haute Route, (or The High Route or Mountaineers' Route) is the name given to a route (with several variations) undertaken on foot or by ski touring between Chamonix, France and Zermatt, Switzerland. Meeting Location and Time: Cordova Public Library, 8457 Trinity Road, 7:00 p.m.

Mar 21, Pinson Mounds State Archaeological Park The park offers six miles of trails including a nature trail and a boardwalk with a stop overlooking the Forked Deer River which borders the park. The trail route will be determined when we meet. The trail is easy to moderate, only for some short steep climbs, wear hiking boots. Bring snacks and water. We will meet at the visitor's center. For information contact Debbi.hicks@memphismediasource.com or call 901-337-0410.

Mar 28, Meeman-Shelby Forest – Woodland Trail Meet at the visitor center at 9:30 am and bring water and snacks. This is a 3-4 mile easy to moderate forest trail. For information call Laurie Lee Gschwend at 901-876-6142.

Mar 29, River Bluff Walk, Memphis Downtown Social Walk John will lead a 3-mile walk along the River Bluff. Meet at the I-40 Visitor Center, 119 N Riverside Drive & Jefferson Sunday at 2:00 p.m. For information call John Martin at 901-386-3722.

Planning Ahead

Apr 4, Big Hill Pond State Park, near Pocahtontas, TN approx 1 ½ hour from Memphis

MURFREESBORO CHAPTER

CHAPTER OFFICER: Millette Jones
615-397-9588 millette.jones@comcast.net
OUTINGS COORDINATOR / CO-OFFICER: Tony Jones
615-397-4463 awj68@comcast.net
(Call Tony & volunteer to lead an outing)

MEETS MONTHLY: 2nd Tuesday at 7:00 pm CT
Barfield-Crescent Park's Wilderness Station
697 Barfield-Crescent Rd., Murfreesboro

BLOG www.ttamurfreesboro.blogspot.com

Mar 6,7,8- Trail Maintenance on Cumberland Trail for BreakAway A weekend of trail work in Soddy Daisy area. We head down on Friday enjoy evening concert festivities at BreakAway. We do trail work on Saturday and Sunday re-painting blazes, trimming overgrown branches, light trail raking, etc. We depart for home Sunday afternoon. Our group will be the only ones working over the weekend, the college volunteers arrive each Sunday night and depart a week later on Saturday morning. Because of this we will have to bring our own food as the kitchen won't be serving over the weekend. We have access to the Dogwood camp bunks and bathroom facilities. For more info and to sign up contact Millette Jones at 615-397-9588 or millette.jones@comcast.net

Mar 7-Shelby Bottoms Greenway, 5 mi., easy. Judy Homan will lead this flat and paved walk of Shelby Bottoms. Shelby Bottoms Greenway and Nature Park is located in East Nashville adjacent to Shelby Park. Meet at Sam's Club parking lot behind Hardees exit 78A I-24 East. Bring water, snacks and \$ for lunch at local restaurant after the hike. Contact Judy at 615-849-6966 or tnhoman@bellsouth.net to register.

Mar 10- Monthly Meeting, 7 PM, Barfield Crescent Park, Wilderness Station. Tennessee Wildlife Resources Agency. Doug Markham will speak on the wild animals we may encounter on our hikes throughout Tennessee.

Mar 14- Piney River Wildflower Hike, 10 mi., moderate. Jim & Marietta Poteet will lead this hike to Piney River. The hike is rated moderate Early spring wildflowers will be viewed Bring water, snacks, and a lunch. For info contact Marietta at nannietta@blomand.net or 931-924-7666. We need a carpool coordinator from Murfreesboro for this hike. To volunteer contact Millette Jones at 615-397-9588 or millette.jones@comcast.net

Mar 14- Wade Mountain Preserve, Northwest Huntsville, AL, 5 mi., moderate. Wade Mountain Preserve consists of 821 acres, with views of Northern Alabama and Tennessee. The trail is in good condition with uneven-rocky footing in a few areas and climbs 350 feet in about 1½ miles and another 150 feet in ½ mile. Once at the high point we will gradually descend 500 feet in 3 miles. Bring water, snacks, and \$ for dinner at a local restaurant after the hike. We leave from Murfreesboro Sam's Club overflow parking lot behind Hardees at 8:00 AM. For more information and to register for the hike, please contact Bob Goodwin at CAMEL40@earthlink.net or 256-564-8417. We need a carpool coordinator from Murfreesboro for this hike. To volunteer contact Millette Jones, 615-397-9588 or millette.jones@comcast.net

Mar 21- Adventure Trip, Edgar Evins Waterfall Tour. Sponsored by Friends of Edgar Evins State Park, near Smithville, TN. Different area waterfalls are visited each

year on both private and public land at this annual event. We will share state vans with other participants, and will stop midday at a restaurant for lunch. Wear sturdy footwear and clothing appropriate to the weather as there will be short walks involved. Bring money for lunch, admission charge is \$10 adults, and \$5 for children 12 and under. Be at the Edgar Evins State Park Office, Smithville, at 8 AM. It will be possible to have a carpool from Murfreesboro to the park office if someone volunteers to lead it. Contact Fount or Anna Bertram at 615-765-5357 or abertram@dtccom.net to register and for information.

Mar 21-22 Mullens Cove Backpack, 10.2 mi., moderate. Mullens Cove is located in the Prentice Cooper State Forest and Wildlife Management Area located outside of Chattanooga. We will pass Snoopers Rock that offers a spectacular view of the Tennessee River Gorge and will camp at Hemlock Branch Campsite. To register and for more information contact Sara Pollard at 615-896-5804.

Mar 28- Bowie Nature Park, 5.5 mi., easy/moderate. Bowie Nature Park is located in Fairview, TN and contains a glorious 722 acres of forest, lakes and trails. We will have lunch at a local restaurant after the hike. Bring a snack and water for the trail and \$ for lunch after. For more information and to register contact Ann Jacobs at eannjacobs@aol.com or 615-896-3935.

Planning Ahead

Apr 4- Monte Sano S.P, 4 mi., moderate, Bob Goodwin & Sandra Parker lead.

TTA's Calendar*

The following dates in 2009 refer to statewide activities that TTA as a whole participates in. Please refer to this calendar often so that you

- will know when your volunteering interests are especially needed (such as during BreakAway, National Trail Days, etc.).
- will consider organizing/leading volunteers from your chapter/region for an event listed.
- Can be sure to prevent scheduling conflicts

Mar 1-7	CTC's Spring BreakAway, Wk 2 in North Chickamauga Segment (Soddy-Daisy)
Mar 8-14	CTC's Spring BreakAway, Wk 3 in North Chickamauga Segment (Soddy-Daisy)
Mar 15-21	CTC's Spring BreakAway, Wk 4 in North Chickamauga Segment (Soddy-Daisy)
Mar 22-28	CTC's Spring BreakAway, Wk 5 in North Chickamauga Segment (Soddy-Daisy)
Apr 13-18	TDEC's Natural Areas Week (Statewide)
Apr 18	Earth Day Events (Observed Apr 22)
Apr 19-26	Frozen Head Outing-Trail Building on CTC Wartburg
May 2	Board of Directors' Quarterly Meeting (Location TBA)
May 7-10	Southeast Foot Trails Coalition Conference (Pine Mountain State Resort Pk, Pineville, KY)
May 15-17	Scout Weekend Trail Building on CT (Scott Cty)
May 31-Jun 6	American Hiking Society's Volunteer Vacation Trail Building Event on the Cumberland Trail
Jun 6	National Trails Day (Locations TBA)
Aug 1	Board of Directors' Quarterly Meeting (Location TBA)
Sep 13-19	Bike Ride Across TN (B.R.A.T.) (Proceeds Benefit the Cumberland Trail)
Sep 26	National Public Lands Day (Location TBA)
Nov 6-8	Annual Meeting in Townsend (Smoky Mountains) hosted by East TN Chapter

*Calendar will be revised as needed. Cut out and save.

NASHVILLE CHAPTER

CHAPTER OFFICER:

615-517-6486

Nora Beck

nora_beck@comcast.net

OUTINGS COORDINATOR:

Libby Francis

libbyslibbys@comcast.net

(email Libby & volunteer to lead an outing)

MEETS MONTHLY: 4th Tuesday at 7:00 pm CT

TN Wildlife Resources Association meeting room at Ellington Agricultural Center, 5105 Edmondson Pike. For directions, visit: www.tennessee-trails.org/nashville.php

Mar 24: 7:00 p.m. -Dianne Naff, who is Land Acquisitions Manager for the Tennessee Parks and Greenways Foundation, will be presenting our program on the Foundation's work, future plans, and its role in the acquisition and support of some of Tennessee's favorite hiking trails. She'll be talking about some exciting opportunities coming up, so do plan on being with us. Our fourth-Tuesday meetings conclude with refreshments and time to get acquainted. Bring a friend!

Mar 7, Bowie Nature Park. Fairview. 5.5 miles of rolling forestland with trees of differing ages, cut by clear creeks forming small valleys. Wear sturdy hiking boots or trail shoes; bring lunch, snacks and water. For more information and to register contact Garnett Rush at 615-352-7217 or e-mail rushga01@yahoo.com

Mar 15, Beaman Park Trail Building Work Day and Hike Nashville. 1pm to 4pm, CT. Meet at the Beaman Park Nature Center, 5911 Old Hickory Blvd. We will do some minor trail maintenance and take a short hike (2 miles) For more info call Nancy at 615-202-5891.

Mar 21, Bells Bend Park, Nashville. Bells Bend Park is an 808-acre parcel of land situated along the northwest corridor of the Cumberland River in Davidson County. Bell's Bend, the fourth largest green space in Metro's park system, is a scenic pasture and habitat for plants, migratory birds and other wildlife. Join us as we hike four miles of flat, easy trail and visit the new Nature Center. For info contact Jenice Johnson, 615-356-6246 or e-mail, jenicelj@gmail.com

Mar 29 Buds 'n Birds along the Mossy Ridge Trail, Warner Parks, Nashville, TN. Cutleaf Toothwort? *Chk-a-dee-dee-dee*? Corydalis? *Peter-peter-peter*? Trillium? *Chiddik*? Wood Anemone? *Cheer-cheer-cheer*? Ever wondered what birds you are hearing, or the wildflowers you are seeing while hiking the hardwood forests of middle Tennessee in early spring? Join Kevin Bowden and Diane Manas as we learn through sight and sound the beauty found along the 4.5 miles on the Mossy Ridge Trail. We'll listen and try to distinguish the Carolina Chickadees from the Tufted Titmice and Downy Woodpeckers and the other early spring feathered residents. As well as identifying the wildflowers visible along the way. To see the birds, if you have a pair of binoculars, bring them if you'd like, but otherwise we'll have some field guides to put a face to the song. Since this is a birding and wildflower hike you can expect a very **S-L-O-W** pace. The Mossy Ridge Trail is 4.5 miles long, and rated moderate due to the uneven terrain and several ascents/descents we will encounter along the way; however, at a birding/wildflower viewing pace, and if you have maintained a regular walking program, one should be fine. Bring water and snacks, and wear sturdy hiking shoes/boots. We will meet at 8:15am CT in the "Deep Well" area of the park. To get to Deep

NASHVILLE (cont)

Well from Nashville: head west on Hwy 70 (aka West End Ave). In Belle Meade (after you have crossed over Woodmont Blvd, passed Publix then Kroger on the right, and the Belle Meade Mansion on the left), Hwy 70 splits. Take the left side, which puts you on Hwy 100. Go approx 1.8 miles and turn left into the grey stone entrance, drive to the end/t-intersection (approx 1 mile) – you're in Deep Well. If on Hwy 100 and you reach Old Hickory Blvd, you've gone too far. For additional information, call Diane Manas at 615-352-7777.

SODDY-DAISY CHAPTER

Treasurer:

423-266-2507 X4

Carla Hilling

carlahilling@comcast.net

Hike Coordinator:

423-842-3140

Don Deakins

don.deakins@gmail.com

Meet Quarterly: Time and location to be announced on our schedule

Schedule: See current schedule at <http://tinyurl.com/6np53k>

Blog: <http://sdta.blogspot.com>

Mar 7 Rails To Trails - Hike the proposed Soddy Daisy Rails To Trails route which is reportedly 6 miles long. Meet at 10:00am EST in Soddy Daisy Tractor Supply parking lot. Park half our vehicles at Tractor Supply and shuttle to Sequoyah end of tracks. Park cars along Igou Ferry Road near Sequoyah Nuclear Plant and walk back to Tractor Supply along abandoned tracks - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

Mar 14 Cumberland Trail - Join Highland Rim Chapter on Piney River wildflower hike near Spring City - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

Mar 21 Cumberland Trail - This hike will combine two separate short trails into one event. Start the day at Stinging Fork Trailhead on Shut In Gap Road near Spring City. Hike no more than 1.5 miles back to Stinging Fork Falls and then retrace our steps back to trailhead for a total of about 3 miles. As we drive back toward Spring City on Shut In Gap Road, we'll stop at Piney River Trailhead and hike the Twin Rocks Nature Trail which will be about a 2 to 2.5 mile round trip, depending on the routes we select. Maps are available on Stinging Fork and Piney River pages of the Cumberland Trail website - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

Mar 28 Outdoor Expo - In an attempt to recruit new members and promote TTA, Soddy Daisy TTA will set up a display table at Outdoor Expo to be held at Coolidge Park in downtown Chattanooga. TTA members from all chapters are invited to join us and assist in this effort. Rain date is March 29, noon to 4:00pm. See <http://www.outdoorchattanooga.com/1534.htm> for more info on Outdoor Expo - Contact Don Deakins at 423-842-3140 or don.deakins@gmail.com

PLATEAU CHAPTER (Crossville)

CO-CHAPTER OFFICERS: Jan Barber
931-839-6663 *taxxing@aol.com*

931-788-1724 *lowthesun12@live.com*

SECRETARY/TREASURER: Jim Grove

MEETS MONTHLY: 2nd Thursday at 6:30pm CT. Art
Circle Public Library's Community Room, 154 East 1st
Street, Crossville

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information or to get on an e-mail list for the hikes, contact Bill Harris at (931) 484-9152 or Jim McCullough at sue1290@frontiernet.net. Rain cancels.

Mar 7. Trail Work Day at Cumberland Mountain State Park. We are going to do some maintenance work on the trails at Cumberland Mountain State Park. Meet at the park office at 9:00 a.m. CST. Bring gloves, hand tools, and loppers. We will also need some chainsaws. For more information and to register, contact Myra Holloway at 931/ 788-1724 followthesun12@live.com.

Mar 12. Chapter Meeting. Art Circle Public Library Community Room. 6:30 PM CDT. The meeting will be a discussion of how we can help the Cumberland Trail Conference: ideas for fundraising, how to make more people in our area aware of the Cumberland Trail, volunteer opportunities, and any other ideas. Basically it will be a brainstorming session. This will be a good time to share your thoughts and support the trail building efforts of the CTC.

Mar 21. Virgin Falls Pocket Wilderness, De Rossett, TN. This is an 8-mile moderately difficult to difficult hike to the 110 foot tall Virgin Falls. Along the way, we will pass a 30-foot waterfall, Big Laurel Falls. This is a great hike during the spring, when there should be plenty of water going over the falls and wildflowers along the trail. Meet at 8:00 AM CDT in front of the Tractor Supply store. Wear boots, bring water and snacks. For more information and to register, contact Gary Ruetenik at gruetenik456@comcast.net

LEAVE NO TRACE PRINCIPLES

- Leave what you find.
- Minimize Campfire Impacts.
- Respect wildlife.
- Be considerate of other visitors.
- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waster properly.



UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

CHAPTER OFFICER: Mary Jane Ware
maryjaneware@bellsouth.net

Mar 7 Hike Edgar Evins State Park with State Naturalist Randy Hedgepath. We will meet at the park office at 10:00am CT. This hike will be on the new trails including the Millenium Trail and is about 4 miles with a casual pace. There are some hills so the rating is moderate. We will visit old home sites, see beautiful views of the hills and the lake, lush forests, rock formations, and maybe the first wildflowers of the coming spring. March 14 Fiery Gizzard, South Cumberland Recreation Area, Tracy City, TN. This hike begins on top of the plateau within Tracy City then immediately descends into a beautiful old growth hemlock forest at the head of the gorge of Fiery Gizzard Creek. There are lots of impressive rock formations in the area. Later, the trail enters younger forest and ascends further down the creek to an overlook at Raven Point. Those wanting a shorter hike can now return to the beginning via the Dog Hole Trail for a total hike of about 9 miles. The Fiery Gizzard Trail continues mostly on top of the plateau through gently rolling oak forest, reaching Foster Falls at the southern end (at about 12.5 miles). The trail is rated strenuous for the rocky, uneven terrain and the distance covered. Bring water, lunch snacks, and hiking boots. You can meet us at 7:00am CT in the Penney's parking lot in Cookeville, or at the US Bank across from McDonald's in Sparta at 7:30. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Mar 21-22 Joyce Kilmer Memorial Forest, Robbinsville, NC. The hike is 3 to 6 miles depending on if you are staying overnight or driving back. We will start at Big Fat Gap and hike to Hangover where there is a fantastic view of the Smokies. We will camp here and those who want to explore more can hike several different trails. The hike is moderate. There will be a 2000-foot elevation change. This is an overnight hike but those who wish to return the same day can do so. You can meet us at 7:00am CT in the Penney's parking lot in Cookeville. We will return March 22. Those spending the night should be sure to have all necessary winter backpacking gear. For information and to register contact Guy Zimmerman at 931-526-1574 or guyz@charter.net. Online information can be found at <http://main.nc.us/graham/hiking/hangoversouth.html>.

March 28 Cumberland Trail, Frozen Head State Park, Wartburg, TN. The first section of this hike is an ascent of 2 difficult miles to the Cumberland Trail but about 14 switchbacks make the hike a little bit easier. When we reach the Cumberland Trail we will follow the trail east to the end of the Cumberland Trail at Coffin Spring. We will then return the way we came to a gravel service road for a 3 mile descent back to the campground. The hike is 10.5 miles and rated difficult because of the ascent of the Castle Rock Trail. Bring snacks, lunch, water, and wear hiking boots. You can meet us at 8:00am CT in the Penney's parking lot in Cookeville. Exact route may be subject to change due to the possibility of exploring new construction on the Cumberland Trail. For information and to register contact Lillian Ey at 615-746-8890 or eyintn@hotmail.com.

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

Newsletter Editor

Leslie El-Sayad *editor@tennesseetrails.org*

Newsletter Deadlines:

Deadlines for Chapter announcements
and articles of special interest are due as follows:

<u>Due</u>	<u>For Newsletter Dated</u>
Feb 10	Mar 1
Mar 10.....	Apr 1
Apr 10	May 1

Articles submitted are subject to editing and
will be included as space permits.

Please send all submissions to:
editor@tennesseetrails.org

In Memoriam - Faith Dippold

"If Faith can do it, then I can do it" seemed to be the unspoken motto among the members of the Cove Lake Chapter of TTA. In speaking with several original members of our group, Faith Dippold was named as the force that led to the creation of our chapter in the late 1990s. Quite simply, from what was told, it seemed that Faith had read about the Cumberland Trail and asked a friend, Arlene Decker, to show her the trail section in Campbell County. The rest is history. Several friends from the First Presbyterian Church in La Follette met with Faith at Cove Lake State Park and began discussing plans to form a new chapter of the Cumberland Trail Association. And so, the Cove Lake Chapter of TTA was created, first meeting in the basement of the Presbyterian Church and later moving into the La Follette Recreation building.

Like all new organizations, the chapter experienced leadership changes in its early years. But, one determined, often head-strong woman seemed to keep the unit intact: Faith Dippold. Faith was committed to the Cumberland Trail and was always the first to support any activities that furthered the development of the trail. Sometimes to a fault, she pushed and prodded others to become involved with trail activities. She loved trail maintenance and especially loved working with the college students who came to work during the BreakAway weeks. She said that the students kept her young and she enjoyed their enthusiasm.

The Cumberland Trail was indeed big in Faith's heart and she committed herself to all CTC events. The saying, "If you want something done, ask a busy person," proved true with Faith Dippold. She gave a lot: organist of her church; involvement in Food Life Services; Campbell County's Habitat for Humanity; HAVEN; the Cove Lake Hiking Club; the Cumberland Trail construction; and, the Community Garden. She personally took the responsibility to oversee the maintenance of the La Follette Nature Trail. It was on that trail that Faith spent her last day doing what she loved best...making the trail beautiful for those who shared her love of nature. We will all miss Faith; and, we will not forget the commitment to the many projects that she loved.

Submitted by: Sharon Phillips, secretary
Cove Lake Chapter of TTA

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A NEW MEMBER

Mar 09

RENEWING MY MEMBERSHIP

Memberships are for one year, unless you have a Lifetime Membership.
 Gift Memberships are also available. Contact our Membership Director,
 Ron Dunn 615-867-3301 trekkingtn@comcast.net

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

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Please list me with the following chapter:

- | | | | |
|-----------------------|---|--------------------------------------|--------------------------|
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| ___ Clarksville | ___ East TN (Oak Ridge/Knoxville) | ___ Murfreesboro | ___ Soddy Daisy |
| ___ Columbia/Franklin | ___ Highland Rim (Manchester/Tullahoma) | ___ Nashville | ___ Upper Cumberland |
| ___ Cove Lake | ___ Jackson | ___ Northwest (UT at Martin/Weakley) | (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, as well as events occurring within TTA's Associate Organizations: C.T.C. and T.R.A.C. (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, in the spring and fall we meet at one of Tennessee's many parks for a weekend of hiking, camaraderie and where the board members can meet to exchange ideas and hear reports on TTA's progress.

As a member of TTA, you are welcome to attend all TTA / CTC / TRAC functions.