

# 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



## 2010 TTA MEMBERSHIP SURVEY

What is TTA doing well? How could it be improved? What fabulous ideas have you been itching to share? Your TTA Board of Directors is genuinely interested in what's on your mind and to that end offer you the *2010 TTA Membership Survey*. Not only will the survey offer the Board an opportunity to see who our members are and how they're being served, it will provide you with a voice in sharing your ideas with them. All responses are completely anonymous and the survey takes just minutes to complete. I urge each and every member to take advantage of this opportunity to let us hear from you.

To take the survey from any computer with Internet access visit: <http://www.surveymonkey.com/s/tta>.

For those of you who don't have access to the Internet but are interested in taking the survey, feel free to contact me at 615-867-3301 and I'll be happy to get a printed copy of the survey in the mail to you.

-----Ron Dunn, TTA Membership Director

## NATIONAL TRAILS DAY - JUNE 5

American Hiking Society's signature trail awareness program, National Trails Day, inspires the public and trail enthusiasts nationwide to seek out their favorite trails to discover, learn about, and celebrate trails while participating in educational exhibits, trail dedications, gear demonstrations, instructional workshops and trail work projects. NTD also provides an opportunity to thank volunteers, land managing agencies and outdoor minded businesses for their support in developing and maintaining trails.

Several chapters are already planning a work days and hikes. For more information and to register your chapter's event, or to find a list of NTD activities planned near you, visit the AHS website at [www.americanhiking.org](http://www.americanhiking.org).

## SEFTC REGIONAL TRAIL CONFERENCE

May 20-23

You are invited to four days of learning, fun, and fellowship at the Southeastern Foot Trails Coalition's (SEFTC) General Conference to be held May 20-23 (Thursday – Sunday) at the DuBose Conference Center in Monteagle, Tennessee. Registration information is now available at the SEFTC website and also on that of many trail clubs in the Southeast.

This grand, biennial event will feature daily workshops and hikes for the Southeast's trail community. The DuBose Center is located about an hour northwest of Chattanooga, a mile off Interstate 24. Perched high on the Cumberland Plateau, it offers excellent housing options and numerous nearby hiking opportunities. Daily workshops will provide leaders in various fields present to educate the hiking community. Evenings will feature special events, such as a speaker and/or entertainment.

Lodging options include the following: both motel and dormitory-style rooms, a few group cabins, and camping on the premises. Attendees need to sign up in advance with your registration for all meals you may choose at the facility. Thursday's opening night individuals are on their own to secure dinner at one of several nearby restaurants before the general meeting at 7:00 p.m. Experienced leaders are being provided for all hikes.

The DuBose Center prides itself in making arrangements for those with vegetarian and vegan food needs; the registration form provides a place to indicate either of these preferences.

Registration has begun, with all checks made out to SEFTC and mailed to the registrar. There is a registration fee of \$25, but those registering before April 1 will only be charged \$20. The complete workshops and hikes list will be available in March, and posted to the SEFTC website and hiking clubs. See SEFTC Conference registration form at [www.southeastfoottrails.org](http://www.southeastfoottrails.org).

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# CUMBERLAND TRAIL CONFERENCE

Office Location..... 19 East 4<sup>th</sup> Street  
..... Crossville, TN 38555  
Office Hours..... 8am-5pm  
Phone: ..... 931-456-6259  
Fax: ..... 931-456-4934  
Email: [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com)  
Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

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## CUMBERLAND TRAIL CONFERENCE STAFF:

General Manager..... Tony Hook ..... [tony.hook@frontiernet.net](mailto:tony.hook@frontiernet.net)  
Office Manager..... Marleya Pendleton..... [marleyapendleton@frontiernet.net](mailto:marleyapendleton@frontiernet.net)

In April 2010, the Cumberland Trail Conference (CTC) is beginning the campaign to complete the New River segment of the Cumberland Trail. This trail building effort will be called "making the connection, Frozen Head to Cove Lake". This segment will connect Frozen Head and Cove Lake State Parks with a 38-mile section of trail. To complete the trail construction, several volunteer trail building opportunities will be scheduled in 2010 and 2011.

The goal of the first trail building event will be to finish the trail between Bowling Branch and Cave Branch in the North Cumberland Wildlife Management Area, Scott County, Tennessee. From April 8<sup>th</sup> to 25<sup>th</sup>, 2010, volunteers are needed to help construct this 3.5-mile section of trail. This will be a camping outing, with volunteers supplying their own camping gear. CTC will supply food that will be prepared by the volunteers. Vehicles can be driven to the primitive, base campsites. To register for this event, please contact the CTC office at 931-456-6259, or at [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com).

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## BIG SOUTH FORK CHAPTER

Chapter is currently inactive

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## What has-----

- ♥ A silent auction
- ♥ A live auction
- ♥ A yard sale
- ♥ At least 300 hiking boots
- ♥ Great scenery
- ♥ Fun people
- ♥ Plenty of food
- ♥ Your choice of camping or a hotel room
- ♥ And lots of hikes
- ♥ And the opportunity to raise money for a great cause?

**The TTA Annual Meeting, of course!** We'd love to see you at Pickwick Landing State Park, November 12-14!

Come hike with us, visit with old and new friends, and support the Cumberland Trail Conference! More details will be available soon.

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## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** Paul Schwab 931-645-9068  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**CHAPTER CO-CHAIR:** J.R. Tate 931-920-2692  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**TREASURER:** Sandy Janus 931-551-8523  
[clarksvilletreas@tennesseetrails.org](mailto:clarksvilletreas@tennesseetrails.org)  
**SECRETARY:** Pam Gadsey 931-552-2325  
[clarksvilleshsecy@tennesseetrails.org](mailto:clarksvilleshsecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** John Sneed 931.920.3828  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)

*(call John & volunteer to lead an outing)*

Secretary Pam Gadsey; 931.552.2325;

**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 7:00 pm CT at Crow Community Center, 211 Richview Rd.

*Additional information may be seen at our web site:  
<http://www.tennesseetrails.org/blog/clarksville>*

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**Apr 3 - Pennyrile State Park, Dawson Springs, KY. 6 miles. Moderate.** Sandy Janus 931-551-8523. Meet 8:00 am CT, Kroger parking area, Dover Crossing, Clarksville, TN.

**Apr 10 - Mossy Ridge Trail, Warner Park, Nashville, TN. 6.5 miles. Moderate.** Suva Bastin 931-645-2849. Meet 8:30 am CT, I 24 Exit 11 commuter parking lot.

**Apr 17 - Paved trail, Rails to Trails, Ashland City, TN. 8 miles. Easy.** Carol and Kyle Segura 931-647-1785. Meet 8:30 am CT, Madison Street Kmart, Clarksville, TN.

**Apr 20 - Monthly Meeting.**

**Apr 24 - Earth Day.** Activities to be announced

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CHAIR:** Bobby Hardeman 615-430-0638  
*columbia@tennesseetrails.org*

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

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**Apr 6 - Chapter Meeting.** Speakers: Diane & Z Manas. *Eat, hike, drink a pint, or two.* In 2003, Diane and Z Manas (members of the Nashville chapter) planned and set off on a 14-day, 192-mile walk across England, staying in B&Bs along the way. The Coast to Coast Walk (C2C) known to many as the ultimate pub crawl begins in the small village of St. Bees at the Irish Sea, and travels east crossing three National Parks - undoubtedly some of England's finest scenery - and traverses across several private farms/estates as well as many historical areas and ends at the North Sea in the quaint village of Robin Hood's Bay. Join Diane & Z as they talk about this delightful journey and how to go about planning this for yourself/a group, or through any one of the guide services available.

**Apr 10 - Cane Creek Canyon Nature Preserve, Tuscumbia, AL. 5 miles. Moderate. Multi-Chapter Hike.** See Murfreesboro Chapter listing for hike details. Plan to stop at Marvin's favorite restaurant for dinner on our trip home. We will meet at Campbell Station McDonalds in Spring Hill, TN and leave promptly at 8 am CT, so get there 15 minutes early to sign the release form. Register with Bobby Hardeman at *puttr22@aol.com* or 615-430-0638.

**Apr 24 - Short Springs Natural Area, Tullahoma, TN. 3.5 miles. Easy.** This 420 acre natural area is one of the best spring wildflower locations in the state. We may see Trout Lilies, Virginia Bluebells, Jack-in-the-Pulpit, Larkspur, and Dutchman's Breeches. It also provides an excellent contrast between Highland Rim and Central Basin geology and vegetation. When descending along the Machine Falls trail, exposed black Chattanooga shale can be seen at mid-slope. This formation delineates the two geological regions. Thickets of mountain laurel grow on the upper slopes under a dry oak-hickory forest canopy that is characteristic of Highland Rim vegetation. The lower slopes and areas along Bobo Creek support towering sycamore, buckeye, magnolia, beech, and tulip poplar trees with a rich shrub layer and herbaceous cover. The steep escarpment and its numerous wet weather seeps are particularly impressive during the moist winter and spring months. Waterfalls in the area include Machine Falls, having a drop of more than 60 feet and nearly equal width, and the cascading Upper and Lower Busby Falls, which can be seen from overlooks on the Bobo Creek trail. We will meet at Campbell Station McDonalds in Spring Hill, TN and leave promptly at 8 am CT, so get there 15 minutes early to sign the release form. Wear sturdy boots and bring water and snacks for the trail. We will stop in Tullahoma for a late lunch. Register with Bobby Hardeman at *puttr22@aol.com* or 615-430-0638.

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## COVE LAKE CHAPTER

**CHAPTER CHAIR:** Richard Helm 423-562-1110  
*covelake@tennesseetrails.org*

**CO-CHAIR:** George Gill 423-562-7121

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**Apr 5 - Monthly Meeting.** Meet 6:00 pm ET at the LaFollette Recreation Center located at 201 S. Ninth Street. This is potluck, so bring your favorite dish. We will be reviewing upcoming hikes. All are welcomed to attend and enjoy the fellowship. For more information contact Richard Helm at 423-562-1110.

**Apr 17 - Cumberland Gap National Historical Park. 5-6 miles. Moderate.** Meet 8:00 am ET at the Food Lion parking lot located 1707 E Central Ave. in LaFollette. We will start our hike from the Iron Furnace Tri State Marker. For more information contact John Redmon at 865-869-8286.

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## DYER COUNTY CHAPTER

**CHAPTER CHAIR:** Rita Norvell 731-445-4601  
*dycounty@tennesseetrails.org*

**SECRETARY/TREASURER:** Frank Salowitz  
*dycountysecy@tennesseetrails.org*

**OUTINGS COORDINATOR/BOARD REP:** Jim Stark 731-589-1776  
*dycountyhikes@tennesseetrails.org*

*(Call Jim & volunteer to lead an outing.)*

**MEETS MONTHLY:** (Sep-Jun) 4<sup>th</sup> Thursday at 5:30 pm CT at Dyersburg Main Street Office, 111 Market Street on the south side of the square in downtown Dyersburg

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**Apr 17 - Moss Island Wildlife Refuge at the intersection of the Forked Deer and the Obion Rivers. 5.3 miles. Moderate.** This will be another trail planning hike as we connect two existing trails and several points of interest in this historic forest in cooperation with the TWRA wildlife officers. Navigation will be by GPS and perhaps Compass/Map if an instructor can be found. Boots, water, snacks and lunch will all be useful. Rain or high water could cancel this hike. Meet at the Refuge entrance on Great River Road, 35° 57' 15"N 89° 38' 10"W (12 miles south of I-155 or three miles north of Hwy. 88). Contact Jim Stark at 631-589-1776 for additional info.

**Apr 24 - Monthly Meeting**

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## EAST TN CHAPTER (Oak Ridge / Knoxville)

**CHAPTER CHAIR:** Rosemary Marshall 865-548-6171  
*easttennessee@tennesseetrails.org*  
**VICE-CHAIR:** Elise Eustace 865-201-5806  
*easttennessee@tennesseetrails.org*  
**TREASURER:** Bob Uhren  
*easttennesseetreas@tennesseetrails.org*

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**Apr 2 (GOOD FRIDAY) - Frozen Head State Park, Wartburg, TN. 5 miles. Moderate.** We'll hike the North Old Mac and Panther Branch trails. The group will meet at the Frozen Head Visitor Center at 9:00 am ET. We'll need to take a couple of minutes before the hike to set up a shuttle, but we should be on the trail by 9:30. Contact Bob Uhren at 865-748-9227 for more info. or *snowcap@me.com*.

**Apr 17 - Great Smoky Mountains National Park Mt. Leconte. 10 miles. Moderate to Difficult.** We'll meet at 8:30 a.m. ET in the parking area to Alum Bluff Trailhead. Please note: parking is limited and car-pooling is advised when available. We will hike 5 miles to an elevation of 6360' and enjoy our light lunch in the lodge. Bring snacks and plenty of water and hiking boots are required. After the lunch break we will hike back 5 miles to the parking area. Pre-registration is advised with hike leader, Christine *littlered2@netscape.net*.

**Apr 24 - Bald River Falls Trail. Moderate.** Partial portion of trail round trip 7 miles (trail is 9.6 miles round trip). Beautiful falls and mostly creek side trail. Good hiking boots and bring lunch and water. Meet at Cracker Barrel, Sweetwater Exit 68 off I-75 at 9 am ET or at trailhead off Tellico River Road at 10 am. For info email Leslie or Galal El-Sayad at *les1202@aol.com* or phone in pm 865-717-6246.

### It's Tick Season

Tick season is usually the end of March through June. Unlike other biting insects, ticks do not bite right away; they crawl around and find a nice, warm, hairy area and dig in.

You can prevent bites by wearing long pants, tucked into your socks, and checking your body regularly for ticks. If you wear shorts, you will need to inspect your bare legs often.

Although there are many methods for removing ticks, it is best to use forceps or tweezers, grasp the tick closely around its entire body, and pull straight out, gently and firmly. Afterwards scrub and sterilize the area.

Tiny deer ticks can cause Lyme Disease. In addition, larger ticks can carry Rocky Mountain Spotted Fever. If you experience flu-like symptoms and/or a spotted or measles-like rash, see a doctor immediately. Both conditions are treatable but fatal if not treated properly.

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## HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

**CHAPTER CHAIR:** Barbie Taylor 931-454-0599  
*highlandrim@tennesseetrails.org*  
**VICE CHAIR:** Nora Henn 931-668-1870  
*highlandrimvice@tennesseetrails.org*  
**TREASURER:** Marietta Poteet 931-924-7666  
*highlandrimtreas@tennesseetrails.org*

**OUTINGS COORDINATOR & NEWSLETTER CONTACT:**  
Jim Poteet 931-924-7666  
*highlandrimhikes@tennesseetrails.org*  
(*contact Jim & volunteer to lead an outing*)

**MEETS MONTHLY:** 1st Tuesday at 7:00 pm CT at the D. W. Wilson Community Ctr., 501 N. Collins St., Tullahoma.

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**Apr 3 - Reuben Creek, Sherwood, TN. 6-8 miles. Moderate.** Joette Carter will lead us on a wildflower hike with beautiful creeks, waterfalls, and of course, wildflowers. At least half of the hike is off trail, with innumerable creek crossings. Bring lunch and water and dress for the weather. This will be a joint hike with the Huntsville Sierra Club. Afterward, we'll do dinner at a local restaurant. Meet at the First Baptist church in Cowan at 10:10 am CT. From Winchester, take US41A to Cowan (also goes to Sewanee, TN), and the church will be about 1 mile into Cowan, on the right side after "Welcome to Cowan" sign. Call Joette for more details at 256-776-3551.

**Apr 6 - Monthly Meeting.** Annual joint program meeting with the Friends of Short Springs. Bertha Chritzberg, long time member and past president of TTA and a renowned wildflower expert, will present a program on her 2002 Lewis and Clark journey across America. Some folks will be getting together for dinner before the meeting at Las Trojas in the Kroger Shopping Center, 1905 North Jackson St.

**Apr 10 - Short Springs State Natural Area. Easy to moderate.** This is a joint wildflower hike with folks from the Tullahoma Parks & Recreation department. Bring your favorite wild flower guide book, as well as water and snacks. Meet in the Short Springs parking area for a prompt 2 pm CT departure. Contact our Chapter Chair, Barbie Taylor, at 931-454-0599 for more information. This hike is mostly easy, except for one moderately steep climb.

**Apr 17 - Beckwith Point Trail, Sewanee, TN.** Our chapter is sponsoring a hike at the annual (perennial) Trails and Trillium Earth Day celebration at St. Andrew's-Sewanee School. Meet at the school's dining hall at 8:00 am CT for breakfast before Jim & Marietta Poteet lead us on a walk from the SAS campus to Xanadu, on the Beckwith Point Trail, with views overlooking the Shakerag Hollow segment of the Perimeter Trail. We'll return to the campus in time for lunch on the grounds and the keynote Cumberland Wild forum at 1 pm. A complete schedule of the day's events can be found at <http://trails.sasweb.org/index.htm>.

**Apr 24 - Benton Fall, Cherokee National Forest. 7 miles. Moderate.** Dick McClure will lead a hike to Benton Falls on Chilhowee Mountain in the Cherokee National Forest east of Cleveland, Tennessee, between the Ocoee and Hiwassee Rivers. In addition to the 40-foot falls, there are several nice overlooks plus Civil War sites. Meet at the Monteagle Elementary School at 9 am CT for car-pooling or at the Ocoee/Hiwassee Ranger District Office, 3171 US64, at 10:45 am CT.

**Planning Ahead.** Our May 30 "Fifth Saturday" work day at Short Springs has been moved to the following weekend, June 5, as a National Trails Day activity.

## JACKSON CHAPTER

**CHAPTER CHAIR:** Glen Rognstad 731-217-5966  
*jackson@tennesseetrails.org*  
**TREASURER:** Anne Goodson 664-1556  
*jacksontreas@tennesseetrails.org*  
**SECRETARY:** Don Dresser 731-668-4190  
*jacksonsecy@tennesseetrails.org*  
**OUTINGS COORDINATOR:** Glen Rognstad 731-217-5966  
*jacksonhikes@tennesseetrails.org*

*(call Glen & volunteer to lead an outing)*

**MEETS MONTHLY:** 2<sup>nd</sup> Monday at Perkins Restaurant, 999 Vann Drive in Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 7:00 pm

**Apr 10 - Great Smoky Mountains National Park, Porters Creek. 7.5 miles. Moderate.** This will be an overnight trip for the Jackson Chapter and our annual wildflower hike. This trail has 30-40 species of wildflowers and offers something for everyone. For additional information and to register contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com*.

**Apr 12 - Monthly Meeting.** Please contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com* for additional information.

**Apr 17 - Nashville Greenway.** This will be a hike through relatively undeveloped, natural conditions. These trails connect many points of activity throughout the downtown Nashville area. They are often located along streams, rivers and ridges, or along built features, such as railroad corridors and scenic highways. These greenways provide valuable green space for conservation, recreation and alternative transportation and barrier-free access to natural resources and recreational opportunities. For additional information and registration, contact Anne Goodson at 731-664-1556 or *annegoodson@eplus.net*.

### Planning Ahead:

**May 1: - Eagle Point Trail, Mousetail Landing State Park, Parsons, TN. 8 miles. Moderate.** Eagle Point Trail is an eight mile loop to a high bluff overlooking the Tennessee River. This is a favorite hike of the Jackson Chapter. Bring lunch/snack and plenty of water. Hiking boots are recommended. For additional information and to register, contact Candy Higgs at (731) 695-1960 or e-mail *chiggs\_3@yahoo.com*.

**May 15 - Harris Creek Natural Area, Jackson, TN.** For additional information, see next month's newsletter or contact Vickie Moeller at 731-616-5736 or *moeller@lambuth.edu* for additional information.

**May 22 - South Cumberland - Savage Gulf/Stone Door Backpack Trip.** For additional information, see next month's newsletter or to register contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com* for additional information.

## MEMPHIS CHAPTER

**CHAPTER CHAIR:** Margaret Smith 901-210-6097  
*memphis@tennesseetrails.org*  
**VICE-CHAIR:** Francis Ruffin 901-396-1108  
*memphisvice@tennesseetrails.org*

**MEETS MONTHLY:** (Sep – May) 3<sup>rd</sup> Thursday at 7:00 pm CT at Cordova Library, 8457 Trinity Rd.

**Apr 3 - Lucius Burch Natural Area Wolf River off Germantown Road. 6-8 miles. Moderate.** Situated between Walnut Grove, Germantown Parkway, and the Wolf River this 728-acre natural area is a complex of trails and woodlands that offers hiking, bird watching, mountain biking and equestrian trails in metropolitan Memphis. Our outbound hike will focus on the Yellow Trail paralleling the Wolf River for 3+ miles. Depending on trail conditions we will either return on the Yellow Trail or take the inland Blue Trail experiencing a mix of natural environments. Portions of both trails are shared with bikes and horses. With heavy use and wet conditions the trail, especially gullies, can be muddy and slippery. Walking poles are advisable. We will meet at 9:00 am CT in the main parking area off of Germantown Parkway and Walnut Bend Rd (south of the Ag Center). There is a single Port-A-Potty at the parking area. For more information contact Pat Mazzeo at (901) 725-1842 or at *ssandy6@hotmail.com*.

**Apr 10-11 - Arkansas Adventure – Buffalo River vicinity Hike.** This is spring in the Ozarks with trees budding out and winter behind us. This is the perfect time of year for a challenge. This will be an adventure that will be based on the experience of the participants. We will hike a longer and more difficult hike on Saturday and a relatively easy hike on Sunday. For the more difficult hike you will probably need sturdy boots and trekking poles. You will need to drive to Jasper on Friday afternoon. The drive is about six hours. Recommended Lodging: Riverview Motel 1-870-446-2616, Little Switzerland 870-446-2693, Arkansas House B&B 870-446-5900, Front Porch 870-446-2444. Registration is required; e-mail *charliebright@yahoo.com*.

**Apr 11 - Meeman-Shelby Forest Wildflower Hike. 2-3 miles. Easy.** Shelby Forest comes alive in the spring! Join us for a leisurely hike to discover the colorful wildflowers in Shelby Forest. Wear sturdy shoes and bring a bottle of water and meet us at the Shelby Forest Visitor's Center at 1:30 pm CT. If you have any questions, please call Tricia Kennedy at 901-488-4844.

**Apr 15 - Monthly Meeting. Geocaching.** Roger & Leah Dotson have been caching for nearly 7 years and have over 5500 finds in various states. Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches, outdoors and then share your experiences online. Geocaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment. Did you know...there are 1,003,085 active caches and an estimated 3-4 million geocachers worldwide? Invite a friend and learn more about this sport.

**Apr 17 – Chickasaw Bluff Trail, Meeman-Shelby Forest. 6-7 miles. Moderate.** Meet at the park visitor center at 9:00 am CT and bring water and snacks. Hike begins with a car shuttle to the north end of the trail for a 6 to 7-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 901-745-6810

**Apr 24 - Nathan Bedford Forrest State Historic Area, Camden. 6 miles. Moderate.** Eileen & Brian will lead a 6-mile hike rated moderate over hilly terrain. Meet at the Park Interpretative Center at 9:30 am CT. Bring water, snacks, and lunch. For additional information contact Eileen Kelm at 901-873-3221 or *e\_kelm@yahoo.com*. Directions to the park: take Exit 126 on Interstate 40 and go North on Hwy. 641 for 15 miles to Camden. Turn right on Highway 70 East (do not take the 70 By-pass) at the traffic signal. Follow the signs to the park.

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## MURFREESBORO CHAPTER

CHAPTER CHAIR:

Millette Jones 615-397-9588

[murfreesboro@tennesseetrails.org](mailto:murfreesboro@tennesseetrails.org)

OUTINGS COORDINATOR/BOARD REPRESENTATIVE: Tony Jones 615-397-4463

[murfreesborohikes@tennesseetrails.org](mailto:murfreesborohikes@tennesseetrails.org)

(Call Tony & volunteer to lead an outing)

**MEETS MONTHLY:** 2<sup>nd</sup> Tuesday at 7:00 pm CT

Barfield-Crescent Park's Wilderness Station

697 Barfield-Crescent Rd., Murfreesboro

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

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**Apr 7 (Wednesday) - We're Bushwhacking!** Come join us on some newly acquired land in Cannon County as we look at future trail possibilities. We will be joined by Cannon County High School Students. To sign up for the 3 pm CT event, contact Fount Bertram 615-765-5357 or [fwbertram@dtccom.net](mailto:fwbertram@dtccom.net). It will be a great experience to see land BEFORE the trails arrive!

**Apr 10- Cane Creek Canyon Nature Preserve, Tuscumbia, AL, 5 miles, moderate. Multi-chapter Hike!** Bob Goodwin and Sandra Parker will lead. The preserve is owned and maintained by Dr. Jim Lacefield and his wife Faye and it is offered free of charge to the public all year round for hiking, camping and other activities. With the new addition, the preserve now totals more than 700 acres and features canyons, creeks, huge boulders, waterfalls, scenic vistas, lots of wildflowers and over 12 miles of hiking trails. The trails for this hike are in good condition, but rocky and uneven in places. There will be some elevation changes of about 300-350 feet. Bring a sack lunch to eat on the hike. There are some porta-toilets on the property. We will leave from the Murfreesboro Sam's Club overflow parking lot next to Hardees at 7:30 am CT. Distance from Sam's Club to Cane Creek Preserve is about 140 miles (about 2 hours 45 minutes). For more information on the preserve: <http://schuffertstudios.com/catalog/Misc/CaneCreekPreserve.pdf>

<http://dispatchesfromthewildworld.blogspot.com/2009/08/cane-creek-canyon-nature-preserve.html>

<http://www.timesdaily.com/article/20070912/SOALS/70828014/-1/SOALS20>

For more information on the hike and to register, please contact Bob Goodwin at [CAMEL40@earthlink.net](mailto:CAMEL40@earthlink.net) or 256-564-8417.

**Apr 10 - Celebration of Spring at Edgar Evins State Park.** A free day of fun for all ages, starting at 8 am CT. Bird, butterfly, and wildflowers identification walks, hiking opportunities, live wild animals, organized games, entertainment and more. State Naturalist Randy Hedgepath, Ranger Ramble, (State Parks Mascot), and a Minnie Pearl impersonator who also sings country selections, will be present. We would welcome TTA volunteers to lead hikes on the 3 mile and the 7 mile trails or to help with other parts of the event. (We need a face painter too!) Here's an opportunity to advertise Tennessee Trails and have fun too! Contact Fount or Anna Bertram [abertram@dtccom.net](mailto:abertram@dtccom.net) or 615-765-5357.

**Apr 10-11 - Backpack w/ Tony Hook. Location To Be Announced.** Contact Tony at [tony.hook@frontiernet.net](mailto:tony.hook@frontiernet.net) for information.

**Apr. 13 - Monthly Meeting.** We will have a slide presentation on hiking opportunities in some of the western mountain states. Bob Goodwin will present pictures of his 19 day trip with Sandra Parker on a 4,000+ mile loop from Colorado north to Wyoming, Nebraska, South Dakota, Montana, and then back around to Wyoming, Utah and Colorado, during the fall of 2008. Over 17 National Parks, Monuments, State Parks and other sites were visited with 15 hikes of various lengths and difficulty accomplished. Emphasis will be on easy, moderate and "somewhat strenuous" hikes as opposed to hikes such as doing the Grand Canyon from rim-to-rim!

**Apr 17 - Shakerag/Beckwith Point Trails and Trillium Event at St. Andrews. 6-7 miles. Easy.** This is an annual event. It will be basically a wildflower hike. Hikers would have to sign up at the Trails and Trillium to join us. For more information contact Marietta Poteet at [nannietta@blomand.com](mailto:nannietta@blomand.com).

**Apr 17 - Bowie Nature Preserve, Fairview, TN. 5 miles. Easy/moderate.** 722 acres of lakes, forest and trails await the hiker in this beautiful preserve. There may be a small stream crossing so wear appropriate footwear and we will have lunch afterward. <http://www.fairview-tn.org/bowiepark/index.htm>. Contact Ann Jacobs at [eannjacobs@aol.com](mailto:eannjacobs@aol.com) or 615-896-3935.

**Apr 24 - Annual Wildflower Walk and Potluck at the Bowling Farm. 4 miles. Moderate.** Join us at the home of Winston & Billie Jo Bowling for our annual wildflower hike & potluck. It will be a wonderful day of fun and friendship. If you are not able to hike, come anyway and sit on the porch, you will have company there and you can still eat. Please bring a covered dish or dessert to share. Contact Tony Jones at [awj68@comcast.net](mailto:awj68@comcast.net) or 615-397-4463 for information and to sign up.

### Planning Ahead-

**May 1 - Foster Falls. 5 miles.** Nabil Wakid

**May 11 - Monthly Meeting** 7PM Barfield Wilderness Station.

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## NASHVILLE CHAPTER

CHAPTER CHAIR:  
OUTINGS COORDINATOR:

Libby Francis  
Libby Francis

*nashville@tennesseetrails.org*  
*nashvillehikes@tennesseetrails.org*

*(email Libby & 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)

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**Apr 3 - Lower Loop Trail, Fall Creek Falls State Park, near Spencer. 13-15 miles. Strenuous.** The lower loop encircles all of the gorges within the boundaries of the park. Cross a suspension bridge over Piney Creek and view creeks and waterfalls. We will make a very early start to give ourselves ample time to enjoy the walk and finish in the daylight. Email Karl, [karld@comcast.net](mailto:karld@comcast.net) or call (615)207-2250 to register and for more info.

**Apr 10 - Ashland City Bicentennial Trail - Eagle Pass section, Ashland City, TN.** This rustic rail-trail runs through a rural section of the lower Cumberland River. The path is flanked by bluffs on one side and water on the other. This will be a spring wildflower walk; 5 miles with a 4 mile add on option if people want. Meet at Ashland City Courthouse at 9:00 am CT. Bring BINOCULARS (for the eagles), water, snacks, and money for lunch afterwards. Call Nancy or e-mail to register, 615-319-8811, or [njuodenas@hotmail.com](mailto:njuodenas@hotmail.com).

**Apr 11 - Old Stone Fort/Short Springs Loops, near Manchester, TN.** If you missed this in March, here's your chance to see magnificent wildflowers again. This 2 part hike is great for beginners. Old Stone Fort is a moderate 2.6 mile hike over high river bluffs, narrow rock ledges, riverside bottomland and waterfalls circling around a 2,000 year old stone wall built by ancient American natives. We will then lunch at beautiful Rutledge Falls located a few miles down the road. The second part of the hike is a few miles further to Short Springs State Natural Area. This 2.9 mile loop is a moderate hike through hardwood forest with waterfalls. Bring water, snacks, lunch and \$\$\$\$ for carpooling. For more information and to register call Garnett Rush at 352-7217 or e-mail [rushga01@yahoo.com](mailto:rushga01@yahoo.com).

**Apr 17 - The Nashville City Cemetery, Nashville, TN. 2 miles. Easy.** This is an easy morning walk through the cemetery, which is truly a walk through Nashville's history. The gravestones tell the stories of individuals and families from the 1820s to the present day. Enjoy the hour walking the paved trails through the newly restored cemetery and learning some of its history in the process. The flowers and trees should be in bloom. The cemetery is located at 1001 Fourth Avenue South. Please contact, Judy Matter, 615-485-7617 or [jmatter@comcast.net](mailto:jmatter@comcast.net) to register and get additional information.

**Apr 17 - Earth Day Celebration, Centennial Park, Nashville, TN.** The Nashville chapter will once again be hosting a booth at the annual festival. We need volunteers throughout the day to help for a couple of hours to staff the booth and share information about TTA, hikes in the area, and trail building opportunities with the Cumberland Trail. Please contact Libby at [libbyslibbys@comcast.net](mailto:libbyslibbys@comcast.net) or 615-889-5718 to help out!! Admission is free and the celebration will include educational displays from community groups, environmental organizations, local farmers, environmentally-conscious businesses, and government agencies. There will be live music all day long. The family-friendly event will include multicultural entertainment, children's activities, educational programs, and a scavenger hunt. There will be workshops throughout the day to entertain and educate. This year there will be a Merchant Village where you can purchase green products directly from the small businesses that make them. There will be many kinds of food and drinks for sale. There will be lots of recycling going on, plus so much more.

**Apr 27 - Monthly Meeting.** If you've ever wondered what happens to injured or orphaned wild animals -including wild animals injured in "civilized" locales - this month's program will give you some answers. TTA's own LouAnn Partington - our diligent state newsletter editor - is a wildlife rehabilitator. She will be describing her work with a wide variety of animals, from squirrels and groundhogs to hummingbirds and eagles. Come prepared to learn what you should do when you encounter injured wild creatures. Guests are welcome! Plan on staying after the program to socialize and enjoy some light refreshments.

**Wed, Apr 28-Sat May 1 - Backpack trip on the Art Loeb Trail, Shining Rock Wilderness and Pisgah National Forest. Brevard, NC.** The 34 mile Art Loeb Trail is one of the most popular 3-4 day backpacking trails in western NC; and, described as "the highlights of the Appalachian Trail compressed into 34 miles." The trip begins in the Shining Rock Wilderness at Camp Daniel Boone and travels through the High Balsams of the Wilderness Area and drops into the forest covered lands along the last two thirds of the trip before ending at Davidson River Campground in Pisgah National Forest. Much of this trail is above 5,000 feet, and one can expect 1,500-2,000-feet, rugged and steep, ascents and descents at a time over terrain consisting of roots, rocks, ruts and mud; therefore, this trip is rated STRENUOUS - and for experienced backpackers. Our greatest challenge will be getting there (the rock slide area on I-40 should be open by then). Our rewards: grassy balds with spectacular 360-degree views, wildflowers in bloom at the various elevations, minimal amount of bugs and people, deep valleys and a wide variety of wildlife. Our daily mileage will range from 7.5 to 10 miles. Everyone is responsible for her/his own gear and food. The group size is limited to 6 people (sorry, no pets) and since this is a linear hike; not a loop, a shuttle service has been hired to transport the group to the start; therefore, a deposit is required and will also guarantee your spot. For further information and to register, contact Diane Manas 615-352-7777.



## Living with Snakes in Tennessee

As warmer weather approaches, many of our forest friends will become more active. Here are a few snake facts and some hints on how to avoid an unpleasant encounter in the woods.

**Did you know Tennessee is home to 33 species of snakes, only 4 of which are venomous** (Copperhead, Cottonmouth, Timber Rattlesnake and Pygmy Rattlesnake).

Tennessee's venomous snakes have a head that is offset from the rest of the body. In many nonvenomous species, it is hard to tell where the neck ends and the head begins; however many nonvenomous species may flatten their heads into the arrowhead shape when they feel threatened.

**Note:** Many nonvenomous snakes will mimic venomous species when confronted. Mimicry may include the rapid vibration of tails (rattler-like), spreading the jaws to appear venomous, coloration and patterns that closely mimic venomous species, using an s-shaped strike stance, and rearing up and hissing loudly.

### Here are some tips to help you avoid snakebite:

- ✓ **Stay on the trail.** Watch where you step, stay on paths or in clearings and avoid tall, grassy areas with heavy underbrush. Develop the habit of watching where you place your feet and hands.
- ✓ **Do not try to catch, handle, or kill snakes.** Stay at least a body length away from a snake unless you are certain it is nonvenomous.
- ✓ **Wear loose fitting clothes and leather boots when exploring outdoors.** Leather boots provide protection for the feet and ankles. Low cut shoes or sandals should never be worn in snake country, especially at night.

**Do not jump or step over logs, rocks, or shrubs.** Walk around them instead. Be very careful when turning over logs, rocks or other large objects as a snake may be underneath.

**If you are bitten by a venomous snake, seek immediate treatment. It is not necessary – or advisable - to bring the snake with you.**

Did you know that snake venom is currently being researched as a potential treatment for a variety of illnesses, including some forms of cancer?

*In Tennessee it is illegal to harm, kill, remove from the wild, or possess native snakes taken from the wild without the proper permits.*

*(Editor's Note: A special thanks to Lisa Powers of Froghaven Farm for providing the photographs and information)*

### Is It Venomous or Nonvenomous?



**Copperhead**



**Juvenile Western Cottonmouth**

**Venomous:** vertical, elliptical pupil, facial pit between eye and nostril; & in comparison to other snakes they are very stout or thick-bodied, consequently they are poor climbers.



**Common Watersnake**



**Gray Ratsnake**

**Nonvenomous – round pupil, no facial pits**

**Tip:** If you find snake or lizard eggs in Tennessee, they are nonvenomous since all of our venomous snakes give live birth, as do a few nonvenomous species.



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## NORTHWEST Chapter

### (UT at Martin / Weakley County)

**CHAPTER CHAIR:** Scott M. Pun 731-881-7316  
*northwest@tennesseetrails.org*

**TREASURER:** Sandy Davis 731-587-9134  
*northwesttreas@tennesseetrails.org*

**MEETS MONTHLY:** 2<sup>nd</sup> Tuesday at 7:00 pm CT during the academic year (Feb-Apr and Sep-Dec) on the UT Campus in the Paul Meek Library, Rm 120, Media Services B1

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**Apr 10 – Natchez Trace State Park. 4-6 miles. Moderate.** 8 am CT departure from UTM library parking lot. To register contact Scott Pun at *spun@utm.edu*.

**Apr 17 (tentative) – Climb Nashville; Indoor climbing in rock gym.** 8 am CT departure from UTM library parking lot. To register contact Michelle Abt at *annmabt@utm.edu*.

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## PLATEAU CHAPTER (Crossville)

**CHAPTER CHAIR:** Cheryl Heckler 931-456-6437  
*plateau@tennesseetrails.org*

**SECRETARY/TREASURER:** Jim Grove 931-484-7900  
*plateausecy@tennesseetrails.org*

**MEETS MONTHLY:** 2nd Thursday at 6:30 pm CT  
Art Circle Public Library Community Room,  
154 East 1<sup>st</sup> Street, Crossville

**BLOG:** *www.tennesseetrails.org/blog/plateau*

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**Apr 8 - Monthly Meeting.** Please note this month's meeting will be held at Ryan's Family Steak House, 2854 N. Main, Crossville, TN. Dinner will start at 5:00 pm CT. Meeting at 6:30 PM CDT.

**Apr 10 - Black Mountain to Windlass Cave, Crossville, TN. 5 miles. Easy to Moderate.** Black Mountain is part of the Cumberland Trail. Hikers will shuttle cars and descend about 1000' from the top of the mountain to the ending trailhead. This trail, completed in 2007, has generally good footing. There are massive rock outcroppings and overlooks at the top of the mountain. The trail passes through these rock structures on the way down to Windlass Cave and then on to the ending trailhead. The first couple hundred yards of Windlass Cave can be explored for those with flashlights. Meet at Cumberland Mountain State Park – Boat Dock Parking lot at 8:00 am CT to carpool. For more information and to register, contact Dennis Barber at 931-839-6662 or by e-mail at *Taxxing@aol.com*.

**Apr 17 - Collins West Trail, South Cumberland State Recreation Area, Monteagle, TN. 6 miles.** Rugged terrain. There will be a lot of rock stepping and climbing. First we will hike to Suter Falls and then to Horsepound Falls. There should be wildflowers everywhere as we hike to the two waterfalls. Meet at Trinity Tabernacle at 2028 South Main Street (Hwy 127 South across from Homestead Place gated community) at 7:45 AM CT. For more information and to register, contact Cheryl Heckler at (931) 456-6437 or by e-mail at *thehecklers@charter.net*.

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## SODDY-DAISY CHAPTER

**CHAPTER CHAIR:** Brandy Selman (423) 544-9608  
*soddydaisy@tennesseetrails.org*

**TREASURER:** Jan Agee 423) 504-3581  
*soddydaisytreas@tennesseetrails.org*

**OUTINGS COORDINATOR:** Don Deakins (423) 842-3140  
*soddydaisyhikes@tennesseetrails.org*

*(Call Don & volunteer to lead an outing)*

**MEETS QUARTERLY:** 1<sup>st</sup> Monday of Jan, Apr, Jul & Oct at 6:00 pm in Soddy Daisy's Municipal Building

**SCHEDULE:** See a comprehensive up-to-date schedule at *www.tennesseetrails.org/blog/soddydaisycalendar*  
**BLOG:** *www.tennesseetrails.org/blog/soddydaisy*

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**Apr 3 – Clear Creek Loop & Flipper Bend, near Soddy Daisy, TN. 5.5 miles. Moderate.** This event combines GPS exercise with a Clear Creek Loop hike at Flipper Bend. A GPS device is not required to participate. Meet at Flipper Bend trailhead at 10:00 am ET. Begin by walking about .2 mile down trail from parking area to point where GPS exercise begins @ N35 14.086 W85 16.649. Then proceed 1 mile thru woods to trail intersection @ N35 13.688 W85 15.703. Follow trail to intersection with Clear Creek Loop @ N35 13.502 W85 15.124. Hike Clear Creek Loop Trail to intersection with Flipper Bend Loop @ N35 13.651 W85 14.730. Final leg is a 2 mile walk thru woods back to starting point @ N35 14.086 W85 16.649. Contact Don Deakins at (423) 842-3140 or *don.deakins@gmail.com* for more info.

**Apr 10 - Cumberland Trail - southern segment of Possum Gorge. 4.25 miles. Moderate to Difficult.** Meet at Bakewell BP station at 10:00 AM ET. Drive to hike's end point on Retro Hughes Road (N35 21.731 W85 09.012) and park half our vehicles. Then shuttle to Heiss Mountain Road Trailhead where hike begins. Hike into Big Possum Gorge, cross Big Possum Creek Bridge, and continue on to Perkins Point which is a long uphill climb. Take an extended break at Perkins Point, and then proceed down a rugged trail into Little Possum Gorge and cross the recently constructed Little Possum Creek Bridge. Exit to previously staged vehicles on Retro Hughes Road via a jeep trail used during bridge construction. Contact Don Deakins at (423) 842-3140 or *don.deakins@gmail.com* for more info.

**Apr 17 – Arcadia Trail, Sewanee, TN. 3 miles. Moderately strenuous.** Meet Larry Cook at Food Lion parking lot on Browns Ferry Road at 9:00 AM ET. (Take I-24 west from Chattanooga, exit on Browns Ferry Road, turn right and go 1/4 mile to Food Lion on left) The Arcadian Trail is a 3 mile loop, beginning and ending at Morgan's Steep, in Sewanee, and goes by Bridal Veil Falls. Bridal Veil Falls appears from the side of the mountain, cascades 25 feet or so down a limestone cliff, drops about 25 feet more, and then disappears into a sinkhole. The hike offers views of many interesting geological formations; there are several sinkholes and caves below the falls. The hike to Bridal Veil Falls from Morgan's Steep is moderately strenuous coming back up because of the 400-foot change in elevation. Contact Larry Cook at (423) 933-4128 or *larry@northchick.org* for more info.

**Apr 24 - Cumberland Trail - Hike Rock Creek segment from Retro Hughes Trailhead to Upper Leggett Road Trailhead. 5.4 miles. Moderate.** Staging vehicles at both ends will be required. We will meet at Leggett Road upper trailhead at 10:00 am ET, leave one or more vehicles there, and shuttle over to Retro Hughes trailhead where hike will begin. Contact Don Deakins at (423) 842-3140 or *don.deakins@gmail.com* for more info.

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## SUMNER TRAILS CHAPTER

### CHAPTER CO-CHAIRS:

Thomas & Debra Obrock 615-826-7459  
[sumner@tennesseetrails.org](mailto:sumner@tennesseetrails.org)

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at 7:00 pm CT

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**Apr 3 – Lock 4 Trail, Old Hickory Lake, Gallatin, TN. 4-5 Miles. Easy.** In this instance, trail refers to bike trail so we will yield the right of way and walk 4 or 5 miles alongside Old Hickory Lake near Gallatin. Athletic or walking shoes should be OK for this one. Meet at First Presbyterian Church in Hendersonville at 9 am CT or at the trailhead at the end of Lock 4 Road @9:45. After the hike we will have lunch at Larriviers On The Square in Gallatin. To register or for further info call James Horton at (615)589-6739 or [jamesh31@comcast.net](mailto:jamesh31@comcast.net).

**Apr 6 – Monthly Meeting.** Please note that this month's meeting will be held at Barefoot Charlie's Restaurant on Saunders Ferry Rd. in Hendersonville, TN.

**Apr 10 - Old Stone Fort State Park, Manchester, TN.** The main trail is easy with some more hikes available. The main trail is a loop around 50 acres of grassland that takes you past woodlands, ridges, waterfalls, bluffs and some beautiful creek views. The main trail is only about 1.2 miles but it might be nice to enjoy the Backbone and Moat Trails. If we do all, it will be about 3.2 miles. Bring a sack lunch, snacks and drinks for the day. Meet at First Presbyterian Church, Main St, Hendersonville, TN at 8:00 am CT. For further info contact Mike Thornton at [mrmill@bellsouth.net](mailto:mrmill@bellsouth.net).

**Apr 17 – Stones River Greenway, Donelson, TN. 4 Miles. Easy.** (But has a couple of hills). We will be walking the West section of this Greenway going from West to East. The trail takes us to the confluence of Stones and Cumberland Rivers with a nice view of Neely's Bend across the Cumberland and continues along Stones River upstream to Lebanon Road where we will have left a car to take the drivers back to get their cars (or you can walk back). Be sure to bring your wildflower guides. Meet at First Presbyterian in Hendersonville at 9 am CT or at the Wave Pool parking lot, Two Rivers Exit off Briley Parkway at 9:45. After the hike we will go to lunch. To register or for further call Al Ballenger at 615- 347-2623 or [ballallenger@aol.com](mailto:ballallenger@aol.com).

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### The "10\* Essentials"

Before you head out on the trail, check your pack to be sure it contains the following items:

- whistle
- water
- hat/sunglasses
- food
- map
- 1<sup>st</sup> aid kit
- compass
- flashlight
- fire starter
- rain gear/extra clothing

Other considerations:

- leave someone a copy of your hiking plans
- hiking poles
- common sense

\* This list is not to be considered cast in concrete – and should be customized to each outdoor enthusiast's needs.

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## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

### CHAPTER CHAIR:

Louise Miniard 931-528-9115  
[uppercumberland@tennesseetrails.org](mailto:uppercumberland@tennesseetrails.org)

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**Apr 3 - Cumberland Trail, Head of Sequatchie Farm, Grassy Cove, TN.** We will join a ranger led hike from Brady Mountain to the Head of Sequatchie Farm. The Head of Sequatchie Farm is open only during special events such as this Turkey's and Wildflower event. The entire event can be found at the Friends of the Cumberland Trail website. For information and to register contact Lillian Ey at 615-478-7461 or [eyintn@hotmail.com](mailto:eyintn@hotmail.com).

**Apr 10 - Tennessee River Gorge Segment of the Cumberland Trail, Signal Mountain, TN. 8 miles.** We will hike an 8 mile segment of the Cumberland Trail from Signal Point to Hwy 27. This hike features striking overlooks of the Tennessee River Gorge. The hike is rated moderate for the rocky terrain and hills. This is a one-way hike and will require shuttling. Bring water, snacks, and lunch. You can meet us at 7:30am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 8:00. For information and to register contact Cindy Johnson at [cjhikes@att.net](mailto:cjhikes@att.net) or at 931-570-0122.

**Apr 17 - Savage Gulf Waterfalls, Savage Gulf State Natural Area, Altamont, TN. 14.5 miles. Strenuous.** Highlights of this hike include six of the major waterfalls of Savage Gulf and spectacular spring wildflower displays. The hike begins at the Greeter Falls parking lot. We will see Upper and Lower Greeter Falls before descending into the gulf and taking the side trip to Ranger Falls. We will then continue along the Big Creek Gulf and Connector Trails before ascending from the gulf on the Collins Gulf Trail past Horsepound and Suter Falls. Bring snacks, water, lunch, and hiking boots. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT 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](mailto:savage_richard@hotmail.com).

**Apr 24 - Lookout Tower and Byrd Mountain Trails, Frozen Head State Park, Wartburg, TN. 11 miles. Strenuous.** We will hike the Lookout Tower Trail from Highway 116 at Armes Gap to the top of Frozen Head Mountain at Tub Spring. En route we will visit an old coal mine once operated by Brushy Mountain Prison. We will then continue along the Lookout Tower Trail to Bird Mountain with a side trip to Panther Gap Rockhouse and an optional side trip to Coffin Springs. We will then hike the Bird Mountain Trail to Castle Rock and descend the mountain via a series of 14 switchbacks to the campground. The basic hike length is 11 miles. Optional side trips to the Lookout Tower and Coffin Springs will make the total trip 13 miles. The hike is rated strenuous due to length and an elevation change of nearly 2000 ft. Please register for this shuttle hike. Bring water, lunch, and snacks and meet us at 7:30am CT at Penney's in Cookeville. For information and to register contact Lillian Ey at 615-478-7461 or [eyintn@hotmail.com](mailto:eyintn@hotmail.com).

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## OFFICERS:

<b>President</b>	Don Dresser	731-668-4190 <i>president@tennesseetrails.org</i>
<b>Vice-President</b>	Millette Jones	615-397-9588 <i>vicepresident@tennesseetrails.org</i>
<b>Treasurer</b>	Jan Agee	423-504-3581 <i>treasurer@tennesseetrails.org</i>
<b>Secretary</b>	Carolyn Miller	931-456-4465 <i>secretary@tennesseetrails.org</i>
<b>Past President</b>	Rosemary Marshall	865-548-6171 <i>pastpresident1@tennesseetrails.org</i>
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<b>West TN At-Large Director</b>	Graydon Swisher	901-737-3114 <i>westregional@tennesseetrails.org</i>
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<b>East TN At-Large Director</b>	Joe Matlock	865-354-6101 <i>eastregional@tennesseetrails.org</i>
<b>Membership Director</b>	Ron Dunn	615-867-3301 <i>membership@tennesseetrails.org</i>
<b>Cumberland Trail Conference Representative</b>	Ray Garrett	865-483-4466 <i>CTC@tennesseetrails.org</i>
<b>TN Rails To Trails Advisory Council Representative</b>	Bob Richards	615-532-0753 <i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
<b>Newsletter Editor</b>	LouAnn Partington	931-393-4835 <i>editor@tennesseetrails.org</i>

## Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
<b>Apr 10</b> .....	<b>May 1</b>
<b>May 10</b> .....	<b>Jun 1</b>
<b>Jun 10</b> .....	<b>Jul 1</b>

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*

## TTA CALENDAR

The following dates in 2010 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 or leading volunteers from your chapter/region for an event listed.
- can be sure to prevent scheduling conflicts with an activity you wish to plan.

### SECOND QUARTER

Apr 5-11 .....	TDEC's Natural Areas Week (Statewide)
Apr 8-25 .....	CTC's "Making the Connection" Trail Building on the Cumberland Trail's New River segment (Wartburg)
Apr 17 .....	Earth Day Observances & Celebrations
Apr 22 .....	(Thursday) Earth Day 40 <sup>th</sup> Anniversary
May 8 .....	Board of Directors Quarterly Meeting, (Shelby Bottoms Nature Center, Nashville, TN)
May 16-22 .....	CTC's "Making the Connection" Trail Building on the Cumberland Trail's New River segment with American Hiking Society's Volunteer Vacation (Wartburg)
May 20-23 .....	Southeastern Foot Trails Coalition Conference (DuBose Conference Center, Monteagle, TN)
Jun (tbd) .....	Trail Building on the Cumberland Trail
Jun 5 .....	National Trails Day (Statewide)

### THIRD QUARTER

Aug 7 .....	Board of Directors' Quarterly Meeting (Location TBA)
Sep (tbd) .....	Bike Ride Across Tennessee (B.R.A.T.) Proceeds Benefit the Cumberland Trail
Sep 25 .....	National Public Lands Day (Statewide)

### FOURTH QUARTER

Oct 17-23 .....	CTC's "Making the Connection" Trail Building on the Cumberland Trail's New River segment with American Hiking Society's Volunteer Vacation (Wartburg)
Nov 12-14 .....	Annual Meeting at Pickwick Landing State Park hosted by Jackson & Memphis Chapters
Nov 14-17 .....	American Trails National Symposium (Chattanooga, TN)

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

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**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**

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 [membership@tennesseetrails.org](mailto:membership@tennesseetrails.org)

Apr 10

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

**PLEASE, PRINT CLEARLY.**

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

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Home Phone (\_\_\_\_) \_\_\_\_\_ Zip \_\_\_\_\_ -- \_\_\_\_\_  
Work Phone (\_\_\_\_) \_\_\_\_\_  
e-mail \_\_\_\_\_

- Please do not list my e-mail address in the TTA Annual Membership Directory  
 I would like to receive my newsletter by e-mail.

Please list me with the following chapter:

\_\_\_ Big South Fork      \_\_\_ Dyer County      \_\_\_ Murfreesboro      \_\_\_ Sumner Trails  
\_\_\_ Clarksville      \_\_\_ East TN (Oak Ridge/Knoxville)      \_\_\_ Nashville      \_\_\_ Upper Cumberland  
\_\_\_ Columbia/Franklin      \_\_\_ Highland Rim (Coffee & Franklin Counties)      \_\_\_ Northwest (UT at Martin/Weakley)      (Sparta/Cookeville)  
\_\_\_ Cove Lake      \_\_\_ Jackson      \_\_\_ Plateau (Crossville)  
\_\_\_ Cumberland Gap      \_\_\_ Memphis      \_\_\_ Soddy Daisy      \_\_\_ 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: CTC. and TRAC. (3.) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie, and programs, in addition to learning about the progress and plans of the organization.

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