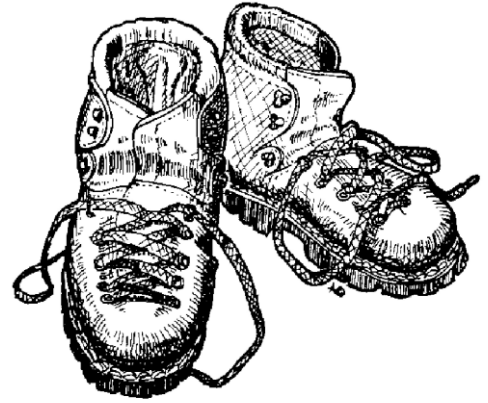


# TENNESSEE TRAILS

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



## AWARDS PRESENTED AT ANNUAL MEETING

Each year, awards are presented at the TTA annual meeting. TTA's Board of Directors is proud to announce this year's recipients. Each recipient received a plaque commemorating their award.

**Bill Stutz Award.** The award is to be presented to a TTA member who is an active hiker for his or her individual contribution to the Association or one its chapters, in honor of the late Bill Stutz, past TTA member and beloved hiker. Tennessee Trails Association proudly presents the 2010 Bill Stutz Award to **Carolyn Miller** "In grateful recognition of her many years of service to Tennessee Trails Association and Cumberland Trail Conference as Secretary, Director and all around advocate, and her cheerful accomplishment of the many tasks that have come her way."

**Bob Brown Award.** The Board of Directors of the Association established this award to honor the extraordinary lifetime leadership and personal contributions of Bob Brown to hiking and conservation in the State of Tennessee. The Board may give a Bob Brown Award from time to time to others for lifetime leadership and contributions that it finds equally extraordinary. Tennessee Trails Association proudly presents the 2010 Bob Brown Lifetime Achievement Award to **Fran Wallas and Her Family** "In grateful recognition of Fran's lifetime leadership and contributions to the State of Tennessee as a champion of its parks and trails, as an author guiding visitors to its special places, and as a builder of the Cumberland Trail. 'The Mountains are calling and I must go.'"

**Tennessee Trails Award.** This award is to be presented for outstanding contributions to the Association or for the furtherance of trails and natural resource programs and opportunities within Tennessee. Tennessee Trails Association proudly presents the 2010 Tennessee Trails Award to **Anthony Hook** "In grateful recognition of his years of service to Cumberland Trail Conference as General Manager, and his continued dedication, despite all obstacles, to completing CTC's mission and making a contribution that hikers and visitors will enjoy for lifetimes to come."

## Evan Means Small Grants Program Deadline is Dec 31, 2010

In February 2011, TTA's Board of Directors will award small grants memorializing Evan Means. The grants support special volunteer projects that are compatible with the chartered objectives of TTA: *promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources.* Project proposals are due no later than December 31, 2010.

All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application for the February 2007 Evan Means Small Grant Program Award. Grant requests in the range of \$300-\$600 are encouraged. However, if a project requires additional grant money, considerations will be made.

For additional information and an application, please write to:

TTA Grants Administrator  
P. O. Box 41446  
Nashville, TN 37204

The small grants program was established in February 1999 to honor Evan Means - journalist, author, conservationist, hiker, trail builder, originator of the Cumberland Trail, and co-founder of the Tennessee Trails Association. Mr. Means won countless awards for his work over the years to protect Tennessee's natural resources and beauty, as well as for his dedication to projects that allow hikers to enjoy this natural beauty.

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**ANNUAL MULTI-CHAPTER NEW YEARS DAY HIKE  
CENTENNIAL WILDERNESS  
DETAILS WILL BE AVAILABLE IN THE JANUARY  
NEWSLETTER  
HOPE TO SEE YOU THERE!**

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Office Location 409 Thurman Avenue, Ste 102  
 ..... Crossville, TN 38555  
 Office Hours ..... 8am-2pm CT  
 Phone: ..... 931-456-6259  
 Fax: ..... 931-456-4934  
 Email: [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com)  
 Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

## CTC's Event Calendar

**Dec 4 - 5 - Cumberland Trail Backpack, New River section.** This 9-mile hike will be from Norma Road to Smoky Creek Road. For more details, contact Tony Hook at [tony.hook@frontiernet.net](mailto:tony.hook@frontiernet.net).

**Jan 2 - 15, 2011 - Winter Alternative Break, Soddy Daisy, TN.** Students from the University of Kansas will be working to construct the Cumberland Trail. For more details, contact the CTC office at [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com) or 931-456-6259.

**Jan 22, 2011 - CTC's Annual Membership Meeting.** Join other Conference members for a day hike followed by a dinner and awards ceremony. This event will take place at Cumberland Mountain State Park in Crossville, TN. To register for this event, please contact the CTC at [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com), [www.cumberlandtrail.org](http://www.cumberlandtrail.org) or 931-456-6259.

**Feb 20 - March 26, 2011 - CTC's 15th annual BreakAway program.** This event will be held in Hamilton County with trail work being performed in various sections of the CT. For more details about this event, please contact the CTC at [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com) or 931-456-6259.

### FRAN WALLAS'S GREAT HIKES TO BE COMPILED

In November we announced the death of Fran Wallas, a TTA member who wholeheartedly supported trails and hiking in Tennessee in her personal and professional life. For the past several years she has written a column on another great Tennessee hike in each edition of *The Tennessee Conservationist*.

The magazine is planning to release a limited-edition 40-page special publication that will collect all her columns. This special edition will be available from *The Tennessee Conservationist* for \$5.00. They only plan to print 1000 copies. The format will have the look and feel of the *Tennessee Conservationist* magazine.

At press time the decision had not been made about when the *Conservationist* would start taking orders or accepting payment, but they are working toward a pre-Christmas publication date. We suggest that you frequently check their web site at [http://tn.gov/environment/tn\\_consv/](http://tn.gov/environment/tn_consv/). When details are firm we'll get the word out by e-mail.

**Tip:** Dressing in layers will allow you to adjust to different levels of exertion. Weather can change unexpectedly in the spring, fall and winter, and proper layering will help keep you comfortable, warm and dry.

**Tip:** In the fall, winter and spring, always bring a stocking cap or warm hat. Weather is often unpredictable, and covering your head will keep you more comfortable in a variety of conditions.

## 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  
[clarksvillesecy@tennesseetrails.org](mailto:clarksvillesecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** John Sneed 931.920.3828  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)

(call John & volunteer to lead an outing)

**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>

**Dec 4 - Urban hike, Nashville. 4 miles. Easy.** John Sneed 931-920-3828. Meet 8:00 am, I 24 Exit 11 commuter parking lot.

**Dec 11 - Christmas Party Pot Luck.** Jo and Charlie Putnam 931-362-3669. Meet 6:00 pm CT, 3525 Shadowbend Lane, Clarksville, TN.

**Dec 18 - Trail maintenance at Rotary Park, US 41A Bypass, Clarksville.** J.R.Tate 931-920-2692. Bring loppers, "weed-eaters" and garbage bag. We will work until 12 noon. Pot-Luck after work at the first shelter. Meet 9:00 am CT, at the first shelter on left after entering the park.

**Dec 21 -** There will be no monthly meeting.

**Dec 31 - New Years Eve hike downtown Clarksville; moderate;** Paul Schwab 931-645-9068. Meet 9:00 pm CT, Cumberland River Pavilion, McGregor Park, Riverside Drive, Clarksville, TN. After the hike bring a party snack and come to Jack and Suva Bastin's house for a New Years Eve Party.

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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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**Dec 7 - Chapter Meeting.** We will plan our hikes for the first half of next year. This is the time for our chapter to hike that hike you have heard about and wanted to hike for a long time. We need to plan 12 hikes so everyone should come prepared with information on the hike you will lead. If you have never led a hike this is your chance. We have several experienced hikers who will help you, and you can partner up with them to lead your first hike. If you have any questions please email Bobby Hardeman at *puttr22@aol.com*.

**Dec 11 - Great Stone Door to Greeter Falls, Savage Gulf State Natural Area, Beersheeba Springs, TN. 7 miles. Fairly Easy.** We'll start at the Stone Door Ranger Station, take a short side trail to Laurel Falls, then back up to Stone Door Trail. Then we'll take Big Creek Rim Trail to Alum Gap, where we will enjoy lunch, with great views along the way. Next, we'll take Greeter Falls Trail and Loop. We'll see Boardtree Falls and Upper and Lower Greeter Falls. This hike will require a shuttle. We usually stop for dinner on the way home. Bring sturdy hiking boots, water and lunch. We will meet at 4908 Main Street (Hwy 31), behind McDonald's in Campbell's Station Shopping Center on the north end of Spring Hill and leave at 7:00 am CT. Register with Rick Pinkleton at 931-619-5012 (cell).

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## DYER COUNTY CHAPTER

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

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

**OUTINGS COORDINATOR/BOARD REP:** Jim Stark 731-589-1776  
*dyercountyhikes@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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Hike information not available at press time.

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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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**Dec 4 - Let's try this hike again!! Rainbow Falls Trail, Great Smoky Mountains National Park.** The round trip is 5.4 miles and has a steady climb the first 2/3 mile. Rainbow Falls got its name because the waterfall produces a rainbow in its mist and becomes visible on sunny afternoons. After reaching the falls, our more experienced hikers may want to continue hiking another 4 miles to Mt. LeConte. We'll meet at 10:00 am ET at the trailhead. Pre-registration is advised by email *rosiemar623@att.net*.

**Dec 4 - That's right!!!** The same day. Our **annual Christmas dinner** will be held at Connors in Turkey Creek beginning at 6:00 pm ET. Connors has a great menu and a lovely fireplace where we can exchange hiking stories.

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## HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

**CHAPTER CHAIR:** Barbie Moré 931-455-3311

*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.

**Dec 7 - Chapter Meeting.** Join us at 6pm CT (note the earlier time) at the D.W. Wilson Community Center in Tullahoma for pot-luck finger food, followed by a presentation by Marietta and Jim Poteet on their 2009 trip to Costa Rica.

**Dec 11 - Cumberland Trail (Signal Point to Edwards Point). 5 miles. Moderate.** Jim Poteet will lead a hike on the Cumberland Trail from Signal Point to Edwards Point. We'll return to the starting point using some of the local Signal Mountain community trails around Rainbow Lake. Contact Jim at 931-924-7666 or *jimpoteet@blomand.net* for more information and to register.

**Dec 18 -** Instead of the usual third Saturday gathering for an Eat-Hike-Eat event in Sewanee, Tom and Joan Bentley will host the chapter's **Christmas Party** at their home at 208 Jamestown in Tullahoma. The Bentleys will provide the turkey, but bring veggies and other side items. Contact Tom or Joan at 931-455-5849 or *htbentley@lighttube.net*.

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## 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

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**Dec 4 - Percy Warner Park, Nashville. 7.5 miles. Moderate.** We will combine Mossy Ridge and Warner Woods trails for a 7.5 mile loop that winds through hollows and along ridges. There are several long uphill stretches, all the more reason to stop and admire the beautiful, old hardwood trees and scenic views. Other sites along the way include a waterfall and a chimney from the Betsy Ross cabin. The trail is rated moderate due to the numerous rolling hills, ascends, descends and uneven rocky spots. Wear sturdy hiking boots and bring a snack/lunch. For more information and to register, please contact Anne Goodson at 731-664-1556 or *annegoodson@eplus.net*.

**Dec 11 - 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 below. This is a favorite hike of the Jackson Chapter. The trail is rated moderate. Bring lunch and plenty of water. For additional information and to register, contact Terry McCoy at (731) 535-0625 or *cityclar@aeneas.net*.

**Dec 13 - Chapter Meeting.** Meet at Perkin's Restaurant on Vann Drive. We will eat at 6:00 pm and the meeting will start at 7:00 pm. Please contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com* for additional information. Please check the TTA website calendar for additional hikes.

### Planning Ahead:

**Jan 1 - Annual New Year's Day Hike at Centennial Wilderness - Scotts Gulf.** This is a multi-chapter hiking event. Please contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com* for additional information.

**Jan 10 - Chapter Meeting.** Meet at Perkin's Restaurant on Vann Drive. We will eat at 6:00 pm and the meeting will start at 7:00 pm. Please contact Glen Rognstad at 731-217-5966 or *Glenrognstad@gmail.com* for additional information.

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## 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.

**Dec 4 - Wolf River Trail, Lucius Burch Natural Area.** Join us for an easy 3-4 mile loop hike along the river through a hardwood forest at 9:00 am. We will meet in the parking lot off Walnut Grove Road, east of Wolf River Bridge. Turn south into parking lot off Walnut Grove Road, west of Farm Road. Contact Freddi Felt at 901-685-9915 for information.

**Dec 9 - Memphis Chapter Holiday Party and Potluck.** 6:30 pm. 50 Shady Glen, Memphis, TN 38120. Freddi and Joel Felt invite you to their home at to celebrate and enjoy food, fun, and good conversation. Please bring one of your favorite dishes (with serving spoon) to share with the group. Coffee, water, tea, and ice will be provided or you may bring a favorite beverage. The 2011 hiking schedule will be distributed at the party. For questions call Freddi at 901-685-9915. Directions: I-240, turn west onto Walnut Grove, cross Yates, next street turn left onto Shady Glen (3<sup>rd</sup> house on left).

**Dec 11 - Woodland Trail, Meeman-Shelby Forest.** Meet at the Park's Visitor Center at 9:00 am for a 3-4 mile hike along the Woodland Trail loop with a side trip to the Woodland Shelter. Bring water and snack. New hikers welcome! Questions? Call Linda Walston at 901-606-9866. Directions: From I-40, take Exit 2-A, turn right, go past 6 traffic lights to Watkins Road, turn left and continue until the road dead ends. Turn left, drive 1 mile to a four-way stop and General Store then turn right, continue 1 mile, turn left into the park. *www.tnstateparks.com*.

**Jan 1 - New Year's Day Hike at Meeman-Shelby Forest Poplar Tree Lake.** Meet Freddi at the Visitor Center at 9:30 am and bring water and snack or lunch. We will hike the Poplar Lake Trail which begins with a car shuttle to the south end of the trail for a 5-6 mile easy to moderate hike through the forest connecting with the Woodland Trail and back to the visitor center. For information call Freddi at 901-685-9915.

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## MURFREESBORO CHAPTER

**CHAPTER CHAIR:** Millette Jones 615-397-9588  
*murfreesboro@tennesseetrails.org*

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

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**Dec. 14 - Chapter Meeting and Christmas Party.** This is our annual Christmas Party. Please bring your family and a covered dish for our Christmas Dinner. **REMINDER:** This event will be at **6:00 pm** instead of our usual 7:00 pm meeting time. Please contact Tony Jones at 615-397-4463 or *awj68@comcast.net* with the NUMBER of people you are bringing and what type of dish you plan to bring so that we can plan around a total number of people.

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## NASHVILLE CHAPTER

CHAPTER CHAIR:

Libby Francis

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

OUTINGS COORDINATOR:

Libby Francis

[nashvillehikes@tennesseetrails.org](mailto: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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**Dec 18 – Holiday Party.** - In lieu of the monthly chapter meeting, there will be a Holiday party at Garnett Rush's house starting at 6:00 pm. BYOB and a finger food for sharing. Join in the fun and visit other hikers or potential hikers. For help, guidance, or planning information, call Garnett at 615-352-7217.

### CHAPTER NEWS:

December 2010 will mark the ninth time that we've been invited to wrap customers' gifts at REI (Brentwood) in exchange for donations, and each time it has been a FUN and very \$\$\$uccessful FUNdraising event for the chapter, which benefits the Cumberland Trail. This year we will be wrapping gifts on Sat, Dec 18 from 10:30 am until 7:00 pm. As in years' past, we are asking chapter members to help by generously volunteering their time (at least 2 hours) to wrap gifts while at the same time talking to prospective members about TTA (the TTA Display Unit will be up; plus, we'll have brochures and newsletters to give away). In exchange for the gifts we wrap, customers in the past have been extremely generous to us by making \$\$\$donation\$\$\$ (*'tis the season to be generous*). Donations received will be allocated to the Cumberland Trail Conference's 2011 Alternative Spring BreakAway program which will help offset some of the expenses incurred to feed the students and volunteers that come to TN to build the Cumberland Trail during the month of March (note: each week there are about 75 college students and 30 CTC/TTA volunteers working on the trail; and, it takes a lot of food to fill the tummies of these hungry trail builders). So, don't hesitate, call and volunteer today for this truly unusual and fun way to FUNraise while talking to prospective members about TTA, trails, hiking, trail building, parks, wildflowers, etc. No experience required, on-site training and materials provided. To volunteer, call Diane Manas at 615-352-7777.

**Dec 4 - Beaman Park Boardwalk Construction Project, Nashville.** 9:00 am till 4:00 pm CT. The Friends of Beaman Park have been awarded a grant to construct a 350 foot long, ADA accessible boardwalk. We need volunteers to help with this project. All the tools, training, and snacks will be provided. To volunteer, please contact the Beaman Park Nature Center. For more information and directions, call 615-862-8580.

**Dec. 11 - Beaman Park, Nashville. Winter Tree Hike.** 9:30-11:30 am CT. Rachel John, volunteer coordinator for Friends of Beaman Park, will be leading a hike to look at interesting species of trees along the trails and streams on this moderate hike. Meet at the Beaman Park Nature Center, 5911 Old Hickory Blvd. Call 615-862-8580 for information and directions.

**Dec 12 - Savage Day Loop near Tracy City.** We will hike about 9.5 miles on the Savage Day Loop and parts of the North Rim and North Plateau Trails. The hike is rated easy for terrain and moderate for distance. There are several nice overlooks. Wear sturdy boots; bring water, lunch and money for carpooling. For more information and to register contact Garnett Rush at 615-352-7217 or e-mail [rushga01@yahoo.com](mailto:rushga01@yahoo.com).

**Dec 18 - Gift Wrapping at REI;** 10:30 am until 7:00 pm – see CHAPTER NEWS (above).

**Dec 18 - Beaman Park, Nashville. Winter Park Ramble.** 1:00-3:00 pm CT. Join Rachel John, volunteer coordinator for Friends of Beaman Park on this winter forest ramble. There is so much more that you can see when the leaves are off the trees. Bundle up and explore the ridges and "hollers" of this wild park on a winter day. Meet at the Beaman Park Nature Center, 5911 Old Hickory Blvd. Call 615-862-8580 for information and directions.

**Dec 25 - Warner Parks. Nashville, TN.** So you got some really cool hiking gear for the holidays. Today's a good day to break 'em in on this 4.5 mile hike on the Mossy Ridge Trail in the Percy Warner side of Warner Park. The terrain is rated moderate for the numerous rolling hills we will ascend and descend along the way. Sturdy hiking shoes/boots are recommended for the terrain because it is uneven with roots, rocks and ruts. Bring snacks, water and the 10 Essentials. We will meet in the "Deep Well" area of the park. For additional information, meeting time and/or to register, call Diane Manas at 615-352-7777. DIRECTIONS: to get to Deep 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.

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## NORTHWEST Chapter (UT at Martin / Weakley County)

CHAPTER CHAIR: Scott M. Pun 731-881-7316  
[northwest@tennesseetrails.org](mailto:northwest@tennesseetrails.org)  
TREASURER: Sandy Davis 731-587-9134  
[northwesttreas@tennesseetrails.org](mailto: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

Hike information not available at press time.

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### AVOIDING HYPOTHERMIA

**Hypothermia** occurs when a person's body temperature falls below normal. It usually happens on cold (55° and below), wet, windy days to people who are tired, poorly clothed and hungry. **It is very dangerous!!!** Often, a person doesn't realize what is happening. Mental confusion often accompanies hypothermia and may cause the person not to seek help. Death can occur in just hours.

#### Early Symptoms:

At first, uncontrolled shivering and pale skin. Then, confusion and dizziness, with slow, clumsy movements and walking. Extreme exhaustion/sleepiness is common.

#### Prevention:

- Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get overheated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.
- Eat high-energy foods frequently and drink plenty of fluids.
- Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.
- Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.
- In bad weather, find protection from the wind and elements.

#### Treatment for Mild Hypothermia:

- Quickly get the person to a dry place that is not windy.
- Replace wet clothing with warm, dry clothing, making sure the head, feet, and hands are covered.
- If available, use a sleeping bag or blanket(s) to wrap around the person.
- Have the victim held by one or more people for the body heat.
- Give warm, sugared liquids. No alcohol! Give sweet things to eat such as candy or ripe fruit.

*Avoiding Hypothermia* was adapted from Dirk Schroeder, ScD, MPH and author of *Staying Healthy in Asia, Africa and Latin America*

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## PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-456-6437  
[plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org)  
SECRETARY/TREASURER: Jim Grove 931-484-7900  
[plateausecy@tennesseetrails.org](mailto:plateausecy@tennesseetrails.org)

MEETS MONTHLY: 2nd Thursday at 6:30 pm CT

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

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 visit the Plateau Chapter Blog. Rain cancels.

#### **Dec 4 - Cummins Falls Hike. Northwest of Cookeville.**

The Tennessee Parks and Greenways Foundation has the one-time option to purchase 186 acres at Cummins Falls, Tennessee's largest privately owned waterfall. At 75 feet in height, it's the eighth largest waterfall in the state in magnitude of water and its "dramatic topography" helps protect flourishing wildlife. The hike will be about 3-4 miles in length depending on the amount of interest in walking above and below the falls. This is a moderately difficult hike both due to the elevation change from the parking lot to the falls and due to the fact that there will be some rock scrambling as we explore the area around the falls. We will park and walk about 1 mile down a gravel road to reach the waterfall. Meet at the trail head at 10:00 am CT or at the Cracker Barrel in Crossville at 8:30 am to car pool. Wear sturdy shoes/boots, bring water and snacks. To pre-register, please RSVP by **December 1** to Tennessee Parks and Greenways Foundation at 615-386-3171 or to Carolyn at [cardan@frontiernet.net](mailto:cardan@frontiernet.net) or 931-260-6674. For planning purposes, pre-registration is required. An optional trip to Burgess Falls will be offered after the hike at Cummins Falls.

#### **Dec 9 - Chapter Christmas Party, First National Bank of the Cumberland, Crossville. 4:30 pm to 7:30 pm CT.**

Please bring an appetizer to share while socializing with your hiking buddies. Bring a gift if you want to participate in the "dirty Santa" gift exchange. Lastly, please be considerate and bring money to tip our hosts who donate their time so that we may use the facility.

#### **Dec 11 - Gilbert Gaul Loop, Fall Creek Falls State Park.**

This is the newest trail in the Park. It features a 4.5 mile loop. Leaving from the trailhead at Group Camp #2, the trail leads into an open field, close to the site of the Gilbert Gaul homestead. Gaul was a painter who moved to the area in 1881 when he was in his twenties and completed several paintings while in residence. The return loop goes along the lake. Since this is a fairly short hike, we will plan to add stops at Fall Creek Falls overlook, Buzzard Roost overlook, Piney Falls & Piney Falls overlook after we finish with the hike. Meet at Tractor Supply at 8:00 am CT. For more information or to pre-register for the hike, contact Cheryl Heckler at 931-456-6437 or [thehecklers@charter.net](mailto:thehecklers@charter.net).

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## SODDY-DAISY CHAPTER

**CHAPTER CHAIR:** George Bonneau 423-645-9029 [soddydaisy@tennesseetrails.org](mailto:soddydaisy@tennesseetrails.org)

**TREASURER:** Robertson (Bob) McGavock 423-667-2960 [soddydaisytreas@tennesseetrails.org](mailto:soddydaisytreas@tennesseetrails.org)

Meets Every Other Month: 1st Tuesday in January, March, May, July, September, November – at 6:00 pm ET - Location TBD

*Additional information may be seen at our web site:*

*<http://www.tennesseetrails.org/blog/soddydaisy>*

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**Dec 1 (Weds) – Chickamauga Battlefield.** The group will meet at the Bi-Lo parking lot, 4825 Dayton Blvd, Red Bank (at Morrison Springs) and will leave the parking lot at **9:30 am ET**. We will combine hiking trails around the center of the Battlefield for a total distance of approximately 5.2 miles. The trail is rated easy. Trail maps are available at the Visitor Center. We will park at the lot on Viniard-Alexander Road, hike south, then west, then north to the Texas Monument, then east, then south to return to the vehicles. Contact Nance Jo Ogozalek at 256-509-1541 or [nancejo13@gmail.com](mailto:nancejo13@gmail.com) to join this hike and obtain a written description of the trail route. Driving Directions: Going south on US-27 from Red Bank, take exit 180, Rossville Blvd, US-27 South to the Park. Enter the Park, go left on Viniard-Alexander Road to the parking area. Visitor Center GPS coordinates at N 34 56.415 W 085 15.604.

**Dec 4 – Rock Creek Loop Trail of the Cumberland Trail.** The group will meet at the baseball fields along Durham Street (N 35 17.307 W 085 09.450) in Soddy-Daisy (across from the lake) and will leave the parking lot at **9:30 am ET**. The group will travel to the Upper Leggett Road Trailhead (N 35 24.606 W 085 07.856). The Rock Creek Loop Trail is approximately 3.3 miles and a 0.3 mile spur to the overlook is available. The trail is rated easy to moderate with some steep climbs and rocky areas. Contact Earl Helmer at 770-877-0600 or [e\\_helmer@att.net](mailto:e_helmer@att.net) to join this hike. Driving Directions: From Soddy-Daisy, travel north on US-27 to Sale Creek; go past the Dollar General and look for the metal green roof business on the left (business was a cabinet shop but is closed). Turn left on Leggett Road and travel up the mountain approximately 3.5 miles to the trailhead on the left. The trailhead is a small grassy area; look for the Cumberland Trail sign. Trail information may be found at [www.cumberlandtrail.org](http://www.cumberlandtrail.org).

**Dec 8 (Weds) – Soddy Creek Section of the Cumberland Trail.** The group will meet at the baseball fields along Durham Street (N 35 17.307 W 085 09.450) in Soddy-Daisy (across from the lake) and will leave the parking lot at **9:30 am ET**. This hike will require a shuttle. Depending on the number of vehicles, some vehicles may be left on Durham Street due to the limited parking on Sluder Lane and the Mowbray Road trailhead. This section of the Cumberland Trail is approximately 4.9 miles, rated moderate with some steep climbs. Contact Earl Helmer at 770-877-0600 or [e\\_helmer@att.net](mailto:e_helmer@att.net) to join this hike. Driving Directions: From Durham St. in Soddy-Daisy, go west on Durham St., turn right on Back Valley Rd., turn left on Mountain Rd., road becomes (new) Hotwater Rd. Some vehicles will be left at the Hotwater Road – Sluder Lane intersection (N 35 16.897 W 085 11.610). Continue on Hotwater Road; turn left on Mowbray Road, and look for the trailhead on the left (N 35 14.279 W 085 12.174). Note: access to the parking area is by a narrow driveway uphill which is easy to miss; look for the steep bank just prior to the access road. Trail information may be found at [www.cumberlandtrail.org](http://www.cumberlandtrail.org).

**Dec 11 – Cloudland Canyon State Park, Georgia.** The group will meet at the Bi-Lo parking lot, 4825 Dayton Blvd, Red Bank (at Morrison Springs) and will leave the parking lot at **9:00 am ET**. We will hike the West Rim Loop Trail, approximately 5.5 mile loop, which is rated moderate with several short strenuous sections. Posted estimated completion time is 4 hours. Side trails to 2 waterfalls are available and the group will decide whether to hike these. The upper waterfall is approximately 0.1 mile (1 hr) and the lower is approximately 0.85 mile (1.75 hr) with 600 steps. Trail maps are available at the Visitor Center (N 34 49.075 W 085 29.233). The group will stop for lunch on the way back to Chattanooga. Contact Earl Helmer at 770-877-0600 or [e\\_helmer@att.net](mailto:e_helmer@att.net) to join this hike. Driving Directions: From Red Bank, take US-27 South; I-24 West (go about 10.2 miles); take the I-59 South exit (# 167) (go about 8.3 miles). Take Exit 11 – Trenton (go 0.29 mile). Turn left onto Georgia Highway 136 (GA-136) (go 0.29 mile). Turn right on S. Main St. (US-11) (go 0.14 mile). Turn left on GA-136 (go about 6 miles). Turn left on Cloudland Canyon Rd (go 1.1 miles). Take left turn just past Office and follow signs toward Group Shelter 1; continue past the shelter taking the right fork; continue past other camp sites on the right. Look for the gravel road on left going toward the West Rim Access Parking (gravel lot) (N 34 50.708 W 085 29.471). Trail begins at (N 34 50.805 W 085 29.401).

**Dec 15 (Weds) – Rock Creek Section of the Cumberland Trail.** The group will meet at the baseball fields along Durham Street (N 35 17.307 W 085 09.450) in Soddy-Daisy (across from the lake) and will leave the parking lot at **9:30 am ET**. We will hike from Retro Hughes Road to the Rock Creek Bridge and return to the vehicles by the same trail. Hike distance is about 5.2 miles and is rated easy to moderate with some steep climbs. Contact Nance Jo Ogozalek at 256-509-1541 or [nancejo13@gmail.com](mailto:nancejo13@gmail.com) to join this hike. Driving Directions: From Soddy-Daisy, north on US-27 to Bakewell. Turn left onto Retro Hughes Road (BP Gasoline Station on right). Go up the mountain 6.7 miles to the trailhead (on right) just past a logging road. Parking along the logging road is acceptable but, DO NOT block this road. Trail information and maps may be found at <http://www.cumberlandtrail.org/rock.html>.

**Dec 18 - Piney River Segment of the Cumberland Trail.** The group will meet at the baseball fields parking lot in Soddy-Daisy on Durham Street (across from the lake) (N 35 17.307 W 085 09.450). The group will leave the parking lot at **9:00 am ET** and will travel to Spring City. This hike will require a shuttle with some vehicles left at the Piney River Trailhead (N 35 42.834 W 084 52.821) and others at the Newby Branch Trailhead (N 35 42.076 W 084 57.285). The hike will begin at the Piney River Trailhead. The trail is approximately 8.5 miles long and is rated moderate. Please contact Robertson (Bob) McGavock at 423-667-2960 or [kopperkitters@yahoo.com](mailto:kopperkitters@yahoo.com) to join this hike. Driving Directions: From Soddy-Daisy go north on US-27 to Spring City; turn onto Highway 68 north; proceed approximately 1 mile from Spring City and turn left on Shut-in Gap Road; drive about a mile to the East Piney River picnic area parking lot on the right. The trail begins across the road from the picnic area. To get to the Newby Forest Branch Camp and Trailhead: drive past the East Piney River picnic area trailhead; continue to the top of the plateau until you see the sign on the left pointing to the Newby Branch Forest Camp; follow the signs to the parking area. Trail information and maps may be found at <http://www.cumberlandtrail.org/piney.html>.

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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

First Presbyterian Church  
172 West Main Street, Hendersonville

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**Dec 4 - Ashland City Bicentennial Greenway. 4 miles. Easy.** For many years the old Tennessee Central Railroad chugged through here on their Nashville-Hopkinsville line. Now this section is a rails-to-trails Greenway along a river plain featuring steep bluffs alongside the trail, several trestles and a beautiful old 200 ft. railroad bridge over Sycamore Creek. The trail is paved and mostly flat making it a nice all weather walk - kids and dogs (on leashes) are welcome. We will drop a car at the end of the trail so we don't have to backtrack. We will meet at First Presbyterian in Hendersonville at 9 am CT or at the trailhead at 10 am. After the hike we'll do lunch at Strattons. To register or for further info contact Hobo Al at [ballallenger@aol.com](mailto:ballallenger@aol.com) or (615) 347-2623.

**Dec 7 -** Our December meeting will be our **holiday gathering**. We will meet at Monell's in Gallatin at 7:00 pm. Monell's is located at 562 S. Water Ave (Hwy 109) The menu is 3 different cold salads, breads, fried chicken, spinach lasagna and pot roast. Hot dishes are squash casserole, green beans, turnip greens, corn pudding and mashed potatoes. Dessert will be provided which is usually some kind of cobbler or banana pudding. Drinks are sweet and unsweet tea, lemonade, coffee and water. Price of the meal is 14.95 plus tip. Monell's does not have a bar but we can bring in alcoholic beverages. They do not provide soft drinks so if you want these, you may bring these as well. We will need to make reservations so please email us with your reservation by December 1. Please include how many will be attending and if you are bringing alcohol please let us know what you are bringing so we can have the appropriate glassware in the room. Hope to see everyone there!  
[tdobrock@gmail.com](mailto:tdobrock@gmail.com).

**Dec 18 - Lock 4 Mountain Bike Park, Gallatin, TN. 3 miles. Easy.** Yes this is an 8.5 mile mountain bike trail but we will modify to a 3 mile hike with great views of Old Hickory Lake and wildlife. The park is on a peninsula and it's twisty and narrow and we will have to be alert for bikers. This trail is closed when wet so make sure it is a go if it is rainy. Meet at First Presbyterian Church in Hendersonville at 9 am CT. After the hike we will eat at Chili's in Gallatin. For further info or to get directions to the trailhead contact James Horton at 615-589-6737 or [jamesh31@comcast.net](mailto:jamesh31@comcast.net).

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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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**Dec 4 - Burnt Mill Bridge Loop, Big South Fork NRA, Jamestown, TN and Colditz Cove Loop, Colditz Cove State Natural Area, Allardt, TN.** The Burnt Mill Bridge Loop parallels Clear Fork River. The Colditz Cove Loop features Northrup Falls and a lush forest of hemlock and rhododendron. Both trails are rated moderate. The Burnt Mill Bridge Loop is 4.3 miles and the Colditz Cove Loop is 1.5 miles. You can meet us in the Penney's parking lot in Cookeville at 8:00 am. For information and to register contact Louise Miniard at 931-528-9115 or [lminiard@flowserve.com](mailto:lminiard@flowserve.com).

**Dec 11 - Standing Stone State Forest, Hilham, TN.** This hike will consist of 3 different trails in the Standing Stone State Forest which surrounds Standing Stone State Park with short driving distances between the trailheads. Total distance will be about 8 miles and is rated moderate. The first hike will be of the Rock Quarry Trail and features hiking adjacent to a tumbling stream and an old rock quarry. The second hike will be of Table Rock Trail and a section of Cooper Mountain Trail and features interesting rock formations and a disappearing waterfall. The third hike will explore some of Standing Stone's history. Bring snacks, water, and lunch. You can meet us at 8:00 am CT in the Penney's parking lot in Cookeville. For information and to register contact Lillian Ey at 615-478-7461 or [eyintn@hotmail.com](mailto:eyintn@hotmail.com).

**Dec 18 - Old Stone Fort State Park, Manchester, TN and Short Springs State Natural Area, Tullahoma, TN.** We will start out at the museum at Old Stone Fort State Park. After a quick walk through the museum we will hike all the trails in the park - about 3.25 miles total. We will then eat lunch at a local restaurant, Jiffy Burger, and head down the road to hike at Short Springs. We will hike first to Machine Falls and then explore some of the other short trails there. We will also visit Rutledge Falls. We will hike as long as there is interest. Both hikes are rated easy and you can sign up for both or one. We will meet in the Penney's parking lot in Cookeville at 7:30, at the US Bank across from the McDonald's in Sparta at 8:00, and at Manchester at 9:00. Bring plenty of water, snacks, and sturdy shoes. For information and to register contact Cindy Johnson at [cjhikes@att.net](mailto:cjhikes@att.net) or at 931-570-0122.

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*Wishing you all the joys of this holiday season!!*

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## OFFICERS:

### President

Don Dresser 731-668-4190  
*president@tennesseetrails.org*

### Vice-President

Millette Jones 615-397-9588  
*vicepresident@tennesseetrails.org*

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*treasurer@tennesseetrails.org*

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Carolyn Miller 931-839-3213  
*secretary@tennesseetrails.org*

### Past President

Rosemary Marshall 865-548-6171  
*pastpresident1@tennesseetrails.org*

### Previous Past President

Anne Wesley 615-851-1052  
*pastpresident2@tennesseetrails.org*

### West TN At-Large Director

Graydon Swisher 901-737-3114  
*westregional@tennesseetrails.org*

### Middle TN At-Large Director

Nora Beck 615-517-6486  
*middleregional@tennesseetrails.org*

### East TN At-Large Director

Joe Matlock 865-354-6101  
*eastregional@tennesseetrails.org*

### Membership Director

Ron Dunn 615-867-3301  
*membership@tennesseetrails.org*

### Cumberland Trail Conference Representative

Diane Manas 615-352-7777  
*CTC@tennesseetrails.org*

### TN Rails To Trails Advisory Council Representative

Bob Richards 615-532-0753  
*TRAC@tennesseetrails.org*

CHAPTER REPRESENTATIVES ON THE BOARD  
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### Newsletter Editor

LouAnn Partington 931-393-4835  
*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>
Dec 10 .....	Jan 1
Jan 10 .....	Feb 1
Feb 10 .....	Mar 1

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*

## **DON'T Leave Home Without It**

What good will a green plastic credit card do you 20 miles from the nearest paved road? What do you really need when out away from civilization?

Experienced outdoor enthusiasts know what items are most important to bring - even for short walks or hikes out of base camp. The "10 Essentials" are items that cannot be improvised from materials lying on the forest floor. To be found without these few items, even only a few miles from car, camp or cabin, can spell disaster. The "Ten Essentials" are the end-product of years of hard-won experience. They are intended to help outdoor enthusiasts avoid getting into trouble in the first place, and, if that doesn't work, to minimize the damage.

The standard list of 10 essentials varies slightly depending on which source you go to. For example, the Boy Scouts, Sierra Club, and The Seattle Mountaineers', each have their own lists, yet they all incorporate the same basic items.

The following list is not to be considered cast in concrete - each outdoor enthusiast should customize his or her own kit for the barest minimum of supplies. Note that the first three items are for finding your way, the second three are for your protection, and the last four are for emergencies.

- Map
- Compass
- Flashlight, extra batteries and bulb
- Hat, sunglasses, bug repellent, gloves
- WATER!!! And a way to purify water. Extra food.
- Clothing: raingear, socks, sweater, space™ blanket
- Matches / lighter, candle / fire starter
- Mirror, whistle
- Pocket knife
- 1st aid kit: moleskin, antibiotic ointment, medications.
- Always tell someone else your hiking plans
- Use your common sense
- 

By avoiding unnecessary problems and dangers you will save on your own personal wear and tear, and probably get back home in one piece. However, if something does come up, at least you know you've got those 10 important items stowed away in your pack.

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)

Dec 10

**Please Mail This Form To:**  
**Membership Director**  
**P.O. Box 41446**  
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___ Supporting (\$50.00, \$100.00 or more)		Home Phone (____) _____ Zip _____ -- _____
___ Life Member (Individual)	\$500.00	Work Phone (____) _____
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- Please do not list my e-mail address in the TTA Annual Membership Directory

Please list me with the following chapter:

I would like to receive my newsletter by e-mail.

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___ Clarksville	___ Jackson	___ Plateau (Crossville)
___ Columbia/Franklin	___ Memphis	___ Soddy Daisy
___ Dyer County	___ Murfreesboro	___ Sumner Trails
___ East TN (Oak Ridge/Knoxville)	___ Nashville	___ Upper Cumberland (Sparta/Cookeville)

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.**