

# 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



## SOUTHEASTERN FOOT TRAILS COALITION MEETING

**SEPTEMBER 20-23**

The Southeastern Foot Trails Coalition will convene for the 7th Biennial meeting on the top of the Cumberland Plateau at Fall Creek Falls State Park the weekend of September 20 - 23, 2012.

Members of hiking and trail building organizations from across the southeastern United States, including Tennessee Trails Association and the Cumberland Trail Conference, partners of the coalition and other interested parties will gather in Tennessee for a weekend of hiking, education, fun and celebration of the foot trails experience. Several guided hikes of varying length and difficulty will be offered in nearby locations. Simultaneously there will be a series of educational sessions of varying length on tracks which address needs and interests of the hiking and trails community. Social activities will provide opportunities to share in fun with other participants and make new friends in the "trails community".

Hikes are scheduled for Thursday, Friday and Sunday. Workshops are scheduled for Friday, Saturday and Sunday. For more information: <http://www.southeastfoottrails.com/SEFTC>.

Pre-registration and deadline for room reservations is August 1.



## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** J.R. Tate 931-920-2692  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**CHAPTER VICE-CHAIR:** Suva Bastin 931-645-2849  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**TREASURER:** Chris Everett 931-494-8038  
[clarksvilletreas@tennesseetrails.org](mailto:clarksvilletreas@tennesseetrails.org)  
**SECRETARY:** Judith Tate 931-920-2692  
[clarksvillesecy@tennesseetrails.org](mailto:clarksvillesecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Paul Schwab 931-645-9068  
[clarkvillehikes@tennesseetrails.org](mailto:clarkvillehikes@tennesseetrails.org)

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

**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 7:00 pm CT,

Crow Community Center, 211 Richview Rd.

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

<http://www.tennesseetrails.org/blog/clarksville>

**Jul 7 - Harpeth River Canoe and Kayak Float, Cheatham County.** Bob Lyon. 931-648-2354. Meet 7:30 am CT, Madison Street Kmart, Clarksville, TN. 41 miles to starting point.

**Jul 14 - Hike with another chapter.**

**Jul 17 - Monthly Meeting.**

**Jul 21 - Garden of The Gods and Rim Rock Trail, Shawnee National Park, IL. 2 miles. Moderate.** Ron Churchill 931-647-9864. Meet 7:30 am CT, Kroger parking area, Dover Crossing, Clarksville. 117 miles to Garden of The Gods.

**Jul 28 - 'Cooling at the Cave', Dunbar Cave State Natural Area, Dunbar Cave Road, Clarksville.** Music, fellowship, refreshments. 3:00 pm till 6:00 pm CT.



Office Location 409 Thurman Avenue, Ste 102  
 ..... Crossville, TN 38555  
 Office Hours ..... 8 am-2 pm 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)

**Nov 3 - First bi-annual Cumberland Trail Conference membership meeting.** The CTC's *Cumberland Trail Day* will be held at the Dogwood Lodge in Soddy Daisy, TN. Open to all members of the CTC and invited guests, this will be a day of hikes, a potluck dinner, and an awards ceremony. There are accommodations for those waiting to stay overnight. Please contact the CTC to register for this event and further details, [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com), [www.cumberlandtrail.org](http://www.cumberlandtrail.org) or 931-456-6259.

## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CHAIR:** Marvin Caine 931-486-1632  
[columbia@tennesseetrails.org](mailto: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.

**There is no Chapter Meeting this month.**

**Jul 14 – Mossy Ridge Trail, Percy Warner Park, Nashville, TN. 4.5 Mile Loop. Moderate.** If the weather is really warm, we can switch to the 2-1/2 mile loop instead. The hiking paths are shady. Wear sturdy boots and bring snacks and water for the trail. We will meet behind McDonalds 4908 Main Street (Hwy 31) on the north side of Spring Hill, in front of the People's Church, and leave at 7:00 am CT. If you prefer, meet us at the trailhead from the Hwy 100 entrance to the park. We will stop for lunch after the hike at Bread & Company on Highway 100 just north of the Park. For more information and to register, please contact Jane Coffey at [jecoffey0644@charter.net](mailto:jecoffey0644@charter.net) or 615-516-6551.

**Jul 28 – South Radnor Lake Loop and Granier Ridge Loop, Radnor Lake State Natural Area, Nashville, TN. 4.9 miles. Moderate.** The Garnier Loop climbs about as high as you can get in the Nashville Basin. The South Radnor Loop winds through lush north facing woods which provide shade in the summer. Both hikes are rated moderate due to a climb on each loop. Bring snacks and water for the trail. We will meet behind McDonald's, 4908 Main Street (Hwy 31) on the north side of Spring Hill, in front of the People's Church, and leave promptly at 7:30 am CT. Please arrive 15 minutes early to sign the TTA release form. Register with Jackie Kelley at [tennkelly1@gmail.com](mailto:tennkelly1@gmail.com) or by phone at 931-797-4438.

**Sep 20-23 - The Southeastern Foot Trails Coalition** is holding their Biennial conference this year at Fall Creek Falls in Pikeville, TN. Visit [www.southeastfoottrails.com](http://www.southeastfoottrails.com) for further details.

**Sep 29-Oct 3 - Volunteers** needed to help with trail maintenance in the Cumberland Trail's Tennessee River Gorge segment in Hamilton County, TN. The work would include the removal of fallen trees, cutting back vegetation, and updating trail markers. Volunteers can help for 1 day or multiple days. This work would be in preparation for the Rock Creek's 50k Stump Jump trail race, please visit [www.rockcreek.com/stumpjump.rco](http://www.rockcreek.com/stumpjump.rco) for more information about the race. Please contact the CTC to register for this event and further details, [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com), [www.cumberlandtrail.org](http://www.cumberlandtrail.org) or 931-456-6259.

**Oct 5-14 - Chattanooga's River Rocks event.** Please visit [www.riverrockschattanooga.com/](http://www.riverrockschattanooga.com/) for more information about this event.

**Oct 8-12 - Cumberland Trail's New River section, in Campbell, Scott, and Morgan Counties, TN,** Volunteers needed to help with trail maintenance. This would include the removal of fallen trees, cutting back vegetation, and updating trail markers. This is in preparation for the Knoxville Track Club's Cumberland Trail 50k trail race. Please contact the CTC to register for this event and further details, [cumberlandtrail@rocketmail.com](mailto:cumberlandtrail@rocketmail.com), [www.cumberlandtrail.org](http://www.cumberlandtrail.org) or 931-456-6259.

**Oct 13 - Cumberland Trail 50k, Cove Lake State Park.** For further details, see [www.cumberlandtrailraces.com/CumberlandTrail50k/HOME](http://www.cumberlandtrailraces.com/CumberlandTrail50k/HOME).

**Oct 19-21 - Backpack on the Cumberland Trail's New River segment.** This strenuous 40-mile hike will be from the Cross Mountain trailhead (top of Cross Mountain) south, to the visitor center at Frozen Head State Park. This hike is for experienced backpackers only, limited to 10 hikers, and will involve a shuttle. Participants are at the hike leader's discretion. For more information, contact the hike leader, Tony Hook at [tony.hook@frontiernet.net](mailto:tony.hook@frontiernet.net) or 931-456-6259.

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## COVE LAKE HIKING CHAPTER

CHAPTER CHAIR: John Redmon 423-869-8286  
[covelake@tennesseetrails.org](mailto:covelake@tennesseetrails.org)

SECRETARY/BOARD REPRESENTATIVE:  
Kathy Sarvis 865-494-0374  
[covelakehikes@tennesseetrails.org](mailto:covelakehikes@tennesseetrails.org)

MEETS MONTHLY: 1<sup>st</sup> Tuesday at 7:00 pm ET at the recreation center, 300 W. Beech St., La Follette.

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**Jul 14 - Laurel Cove Trail to Chain Rock Trail, Pine Mountain, KY. 4 miles. Moderate.** Bring walking stick, sunscreen, bug repellent, lunch/snack and water. Everybody will meet 9 am ET at Food Lion in La Follette highway 63 (up the valley) to car pool and meet John Redmon at the Pine MT Lodge at 10:30 am. Contact John Redmon for more information 423-869-8286.

**Jul 19 - Trail Maintenance Day.** We'll be working the trail and blazing up at Eagle Bluff going east toward the shelter. Meet at the Jacksboro Middle school at 9 am ET. We will work until 1 pm about 4 hours total. Bring lunch/snack, water and gloves. Call John Redmon for more information at 423-869-8286.

**Jul 28 - Burnt Mill Bridge Loop, Big South Fork. 3 1/2 miles. Moderate.** Bring walking stick, sunscreen, bug repellent, lunch/snack and water. Everybody will meet at the Jacksboro middle school 8:30 am ET. Contact Harry Shatz for more information 865-494-0374.

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## DYER COUNTY CHAPTER

CHAPTER CHAIR: Rita Norvell 731-445-4601  
[dycounty@tennesseetrails.org](mailto:dycounty@tennesseetrails.org)

OUTINGS COORDINATOR/BOARD REP:  
Jim Stark 731-589-1776  
[dycountyhikes@tennesseetrails.org](mailto: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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Hike information unavailable at press time.

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## EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-548-6171  
[easttennessee@tennesseetrails.org](mailto:easttennessee@tennesseetrails.org)

VICE-CHAIR: Elise Eustace 865-201-5806  
[easttennessee@tennesseetrails.org](mailto:easttennessee@tennesseetrails.org)

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Hike information unavailable at press time.

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## HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Linda Hudson 931-841-0540  
[highlandrim@tennesseetrails.org](mailto:highlandrim@tennesseetrails.org)

TREASURER: Marietta Poteet 931-924-7666  
[highlandrimtreas@tennesseetrails.org](mailto:highlandrimtreas@tennesseetrails.org)

OUTINGS & PROGRAM COORDINATOR & NEWSLETTER CONTACT: Joan Hartvigsen 931-962-0811  
[highlandrimhikes@tennesseetrails.org](mailto:highlandrimhikes@tennesseetrails.org)

(contact Joan & volunteer to lead an outing)

MEETS MONTHLY: 4<sup>th</sup> Monday at 7:00 pm CT at the D. W. Wilson Community Ctr., 501 N. Collins St., Tullahoma.

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**Jul 7 – Paddle, Hike, Eat, Swim. Tims Ford Lake and Ray Branch Trail.** We will put in at Anderton Branch Boat Ramp off of Hwy 50 and paddle to Ray Branch Peninsula. We will then hike 3 mile Evans Loop. After lunch, we will swim then paddle back to Anderton Branch Boat Ramp. In addition to your paddling gear you will need walking shoes, swimwear, water and lunch. Contact Joan Hartvigsen at 931-962-0811 or 931-636-2914 to register and for directions.

**Jul 21 – Shiloh Bridge to Dickey Bridge Elk River Float, Kelso, TN. 7.4 miles.** This is a joint float with the Murfreesboro Chapter. Meet at 9:00 am CT at Shiloh Bridge to coordinate the shuttle. Bring water, lunch and sunscreen. Register with Nora Henn at 931-808-2560.

**Jul 23 – Chapter Meeting.** Dinner at 5:30 pm CT at Ruby Tuesday, 1936 N. Jackson St., Tullahoma. Meeting at 7:00 pm at D. W. Wilson Community Center. Marcia Medford and Joan Hartvigsen will present a program on their recent 225 mile bicycle ride on the Katy Trail across Missouri. Katy Trail State Park is the longest developed rail-trail in the country and is a Millennium Legacy Trail. The trail is built on the former corridor of the Missouri-Kansas-Texas Railroad and runs from Clinton, Missouri to St. Charles, Missouri. A section of the Katy Trail is an official segment of the Lewis and Clark National Historic Trail. The trail winds through some of the most scenic areas of the state with the majority of the trail closely following the Missouri River with tall bluffs bordering the trail.

**Jul 28 – Greeter Falls, Altamont, TN. 3 miles. Strenuous.** Randy Hedgepath, Tennessee State Naturalist, will lead this hike/exploration of Greeter Falls. This is a joint hike with the Murfreesboro Chapter. This three mile walk includes a half mile rock hop and the cool swimming holes of Greeter Falls and the Blue Hole. The streambed exploration will have numerous places to cool off as well. Sturdy boots and changes of clothes, water and lunch to have in the streambed area are required. Hiking sticks are recommended. Contact Joan Hartvigsen at 931-962-0811 or 931-636-2914 to register and to carpool. Randy will meet us at 10:00 am CT at the Greeter Falls Trailhead near Altamont.

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## JACKSON CHAPTER

**CHAPTER CHAIR:** Vicky Moeller 731-668-9336  
*jackson@tennesseetrails.org*

**TREASURER:** Anne Goodson 731-664-1556  
*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:** 1<sup>st</sup> Monday at Gander Mountain, Vann Drive,  
Jackson. Socializing & dinner starts at 6:00 pm CT;  
meeting starts 7:00 pm

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**Jul 7 - Canoe Trip.** Time to put our canoes into the Buffalo River. For further information or to register, please contact Glen Rognstad at *glenrognstad@gmail.com*.

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## MEMPHIS CHAPTER

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

**VICE-CHAIR:** Francis Ruffin 901-396-1108  
*memphisvice@tennesseetrails.org*

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No scheduled hike for month of July.

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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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## MURFREESBORO CHAPTER

**CHAPTER CHAIR:** Sara Pollard 615-714-3610  
*murfreesboro@tennesseetrails.org*

**TREASURER:** Ann Jacobs 615-896-3935  
*murfreesborotreas@tennesseetrails.org*

**MEMBERSHIP:** Mary Belle Ginanni 615-895-6072  
*murfreesboromembership@tennesseetrails.org*

**PROGRAMS:** Valerie Galan 615-586-2882  
*murfreesboroprograms@tennesseetrails.org*

**OUTINGS COORDINATOR:** Cathy Bingham 615-890-9791  
*murfreesborohikes@tennesseetrails.org*  
*(Call Cathy & volunteer to lead an outing)*

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**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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**Jul 8 – Hidden Springs Trail, Cedars of Lebanon State Park. 5 miles. Easy.** We will meet at 1:00 pm CT at the park office. This mostly shaded trail loop has little elevation change. Hike takes you through rock formations and thickets of cedar trees that thrive on thin soil. This is a great hike for families with children. There's also the option of hiking two other short trails: the Limestone Sinks Trail (.5 mile) and Cedar Forest Trail (2 miles). Bring water and snacks. To sign up, contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

**Jul 10 - Monthly Meeting.** Join us for our monthly meeting where we will feature out standard business as well as a presentation by Murfreesboro member Tony Jones who will present photos and anecdotes from his recent trip to the Shenandoah National park, Blue Ridge Parkway, Grandfather Mountain and Thomas Jefferson's Monticello.

**Jul 14 - Cumberland Caverns Commercial Cave Walk, McMinnville, TN. 1.5 miles. Moderate.** We will enjoy the COOL of a hot summer day at 56 degree year round Cumberland Caverns, Tennessee's Largest Show Cave. Our trip will be a 1.5 mile walking tour of the cave led by a cave guide and will be fully lighted (no flashlights or hard hats required). We will see the historic saltpeter mines, the Moby Dick formation and the endless water fall as well as the Hall of the Mountain King and the dramatic pageant God of the Mountain. There is the chandelier, a snack bar in the cave and full functioning flush toilets. There is also gift shop for your perusal. **The cost of the cave tour is \$18.00 for adults and 10.00 for children (6-12) - children are welcome on this event. Payment can be made at the gift shop on the day of event (Major credit cards and cash).** We will have lunch at a McMinnville eatery following the tour. The tour runs every hour on the hour and lasts about 1.5 hours. We will leave from Murfreesboro at 9 am CT. For information or to register contact Tony Jones at 615-397-4463 or *awj1968@att.net*. For information on the cave please visit *www.cumberlandcaverns.com*.

**Jul 21 - Eat Float Eat-Elk River.** Joint float with the Highland Rim Chapter. Contact:Nora Henn 931-808-2560. See Highland Rim for details.

**Jul 28 - Greeter Falls, Altamont, TN. 3 miles. Strenuous.** This is a joint hike. See Highland Rim Chapter for details. Contact Joan Hartvigsen at 931-962-0811 or 931-636-2914 to register and to carpool.

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## NASHVILLE CHAPTER

**CHAPTER CHAIR:** Doug Burroughs  
*nashville@tennesseetrails.org*

**OUTINGS COORDINATOR:** Nancy Juodenas  
*nashvillehikes@tennesseetrails.org*  
*(email Nancy & volunteer to lead an outing)*

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

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**Jul 4 - Beat the Heat Sunrise Hike on the Mossy Ridge Trail, Warner Park, Nashville, TN.** Better reach for your coffee as soon as your alarm clock goes off, or you're going to miss this one entirely <yawn> because we're going to meet at 6:50 am CT to hike the 4.5-miles on the Mossy Ridge Trail. In order to beat the heat not only will we be starting early but we'll maintain about a 2 to 2.5-miles per hour pace. The trail is rated moderate due to the uneven and rocky terrain, and for the several ascents/descents we will encounter along the way. Our rewards for starting so early: hearing the melodic songs of the early morning birds, and the calls of the owls; as well as seeing deer, chipmunks, and squirrels; plus, getting a good dose of exercise endorphins circulating before 9:30 am; and, we'll have the remainder of the day to do July 4/Independence Day activities; all before the heat of the day sets in. Afterwards, we'll regroup for coffee and a bagel (bring \$ to pay for your coffee/snack) at Bruegger's Bagel Bakery located nearby. We will meet at 6:50 am CT in the "Deep Well" parking area of the park. Eat breakfast or a snack before reaching the trailhead, and wear sturdy hiking shoes, and carry plenty of water. 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 approximately 1.8 miles and turn left into the grey stone entrance, drive to the end/t-intersection (approximately 1 mile) – you're in Deep Well. If on Hwy 100 and you reach Old Hickory Blvd, you've gone too far. For additional information, call Diane Manas at 615-351-6431.

**Jul 7 - Waterfall hike** featuring Cummins Falls State Park, and Rock Island State Park. First, we'll travel to TN's newest state Park, Cummins Falls. We'll visit the overlook, and walk down to the base of the falls (you'll need water shoes). Next, we'll travel to Rock Island State Park (45 miles). Primarily, we'll walk the 1.6 mile Down River Trail (easy) and include the spur that takes us to the river. If we have time, we can explore the other side of the river/park. Given the summer heat, we'll start early (7:00 am CT) and meet in Mt. Juliet at the Target parking lot (Providence Market Place) to arrange a carpool. Please confirm with hike leader Larry Marchese at [lmarchese2@gmail.com](mailto:lmarchese2@gmail.com) or 615-681-2295.

## Nashville Chapter – con't

**Jul 14 – Two-fer-One Outing, Burgess Falls State Natural Area (near Cookeville) AND Rock Island State Park (near McMinnville).** This adventure will be a waterfall extravaganza! Burgess Falls includes three waterfalls, the largest being a massive 136 falls and spectacular sight. We will venture down metal stairs and do a minor rock-scramble to the base of Big Falls and into cool mist for a refreshing morning break. This is a short trail (1.5 miles round-trip). Then – onward! Caravan 30 minutes to Rock Island State Park. For our trail lunch we will walk down into the Caney River Gorge and follow the ancient rocky riverbed a short ways, admiring the views and stopping for a picnic lunch here along the ledges. Then out and picture taking at "witches' castle". Our day will conclude with a short drive around to Power House Rd. for a hike of Rock Island's Downstream Trail. This is 1.6 miles and features a unique view of 80-foot waterfalls pouring out of limestone bluffs and splashing into the river. Meet at 9:30 am CT at the Burgess Falls parking lot. Bring water shoes for optional creek wading at times. Overnight camping opportunities are nearby at Rock Island State Park. For more information contact Tom Vickstrom @ 615-405-6713 or [tomzinger55@gmail.com](mailto:tomzinger55@gmail.com).

**Jul 24 – Monthly Meeting.** State Naturalist Randy Hedgepath will be giving a presentation on the 75th anniversary of Tennessee State Parks. Those of you who've hiked with Randy know how memorable those excursions are; a fine evening is in store. We're all in for a treat- bring a friend!

**Jul 28 - Colditz Cove, Meeting of the Waters, and Gentleman's Swimming Hole, Rugby TN.** Two short and easy hikes with an opportunity to cool off in the water. Colditz Cove trail, between Allardt and Rugby, is 1.5 miles and visits Northrup Falls. Meeting of the Waters and Gentleman's Swimming Hole is a 2.1 mile loop that goes to the confluence of White Oak Creek and the Clear Fork River before looping back to the swimming hole. Be sure to bring snacks, water, good hiking boots, clothing appropriate to the weather (including swimming, if you choose). Option for dining afterward at the Harrow Road Cafe in Rugby. Call Doug Burroughs at 615-283-0507 for more information and to register.

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### TIP

Protect yourself from the sun. A brimmed hat, sunscreen, lip balm and sunglasses are important items to have in your pack.

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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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Hike information unavailable at press time.

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

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There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information, contact Bill Harris at 931-484-9152 or visit the Plateau Chapter Blog. Rain cancels.

**Jul 7 – Cumberland Trail Signal Point to Edward's Point. Signal Mountain. 5.8 miles roundtrip. Moderate.** The trail follows bluff tops and ridges 1,800 and 2,000 ft. above sea level, drops into ravines lush with hemlocks towering over tangled growths of laurel and rhododendron. The view from Edwards Point covers a long stretch of the "Grand Canyon of the Tennessee," with historic Williams Island below on the left and the city of Chattanooga in the background. We will hike down into the gorge starting at Signal Point and cross Middle Creek over Rainbow Bridge. After crossing the bridge we will climb the ridge and ultimately make our way to Edwards Point, where we will take in all the views and have lunch. After lunch we will make our way back to Signal Point. Wear good hiking shoes or boots; bring plenty of water, lunch and snacks. Insect repellent is recommended. Depart from Trinity Tabernacle at 8 am CT. For more information and to register, contact Jim Lamb at 931-484-5991 or *jameslamb@frontier.com*.

**Jul 21 - Old Stone Fort State Archeological Park/ Short Springs. Manchester and Tullahoma.** We will have two hikes for a total of 6 -7 miles of moderate hiking (each hike is approximately 3.5 miles in length). The Old Stone Fort is a loop trail circling a two thousand year old stone wall built by ancient American natives. There is also a nice museum. The Short Springs hike features a short hike to a waterfall. Depart from Tractor Supply at 8 am CT. Wear good hiking shoes or boots; bring water, lunch and snacks. For more information and to register, contact Howard Owens at 931-484-1328 or *owenshb@charter.net*.

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## SODDY-DAISY CHAPTER

**CHAPTER CHAIR:** Bob McGavock 423-667-2960  
*soddydaisy@tennesseetrails.org*

**MEETS QUARTERLY:** 1st Tuesday in Jan, Apr, Jul, Oct at 6:00 pm ET at Burk's United Methodist Church, 6433 Hixson Pike, Hixson

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

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**The Soddy Daisy club meeting has been changed from July 3 to August 7.**

**Juy3 – Signal Point to Rainbow Lake, Signal Mountain. 2.5 miles roundtrip.** The group will decide whether to hike the additional 2 mile Rainbow Lake to Bee Branch Trail. 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 8:30 am ET. Contact Earl Helmer at *e\_helmer@att.net* or 770-877-0600 to register. Driving Directions: From Red Bank, take US-27S to Signal Mountain Road exit and go west about 4.5 miles. Signal Mountain Road becomes Signal Mountain Blvd. Turn left then left again onto Mississippi Avenue. Mississippi Avenue becomes James Blvd. Continue two blocks and turn left onto Signal Point Road. (turn before the Alexian Brothers facility). Follow Signal Point Road to the parking area. The trailhead is at the far end of the little Signal Point Park.

**Jul 7 – Enterprise South Nature Center, Chattanooga, TN.** The group will decide which trails to hike but, expect the total distance to be about 5 miles. Some of the trails have a few steep climbs but, the majority are rated as moderate. The group will meet at the Target shopping center on Highway 153 and will leave the parking lot at 8:30 am ET. For those who want to go directly to the Center, we will meet at the main parking lot at the head of the Poe Run Trail across from the Visitors Center (9 am). Contact Earl at *e\_helmer@att.net* or 770-877-0600 to register. Driving Directions: Take Hwy 153 south and cross the Chickamauga Dam. Exit onto Bonny Oaks going east. Turn onto Volkswagen Drive and continue to the Park. Poe Run Trail parking lot is on the left.

**Jul 10 - Heiss Mountain Trailhead to Big Possum Creek Bridge (roundtrip) Cumberland Trail. 5 miles.** The group will decide whether to hike an additional mile from the bridge to the Amphitheater. The trail is rated as moderate with some steep climbs. The group will meet at the Soddy-Daisy baseball fields parking lot (across from the lake) along Durham St. (N 35 17.307 W 085 09.450) and will leave the parking lot at 8:30 am ET. Contact Earl Helmer at *e\_helmer@att.net* or 770-877-0600 to register. Driving Directions: From Soddy-Daisy, go north on US-27. Exit onto Highway 111 toward Dunlap. Exit onto Jones Gap Rd, turn right at the end of the exit ramp, take next right turn, drive past the American Grill convenience store. The trailhead is a gravel area on the left.

## Soddy Daisy – con't

**Jul 14 - Cloudland Connector Trail, northwest Georgia.** Phase I and possibly part of Phase II “out and back.” The group will decide how far to hike and the distance to travel. The trail is rated as easy. The group will meet at the Bi-Lo in Red Bank at 4825 Dayton Blvd (at Morrison Springs Rd) and will leave the parking lot at 8:30 am ET. Contact Earl Helmer at 770-877-0600 or [e\\_helmer@att.net](mailto:e_helmer@att.net) to register. Driving Directions: From Red Bank, take US27 south to Interstate 24 East. Take I 24 to the S. Broad Street/Lookout Mtn. exit. You will actually exit onto Williams St. Go about 1/10 mile to West 25th street. Turn Right. Go about 1/4 mile to Broad St. Turn left. Stay on Broad St. for 1.1 miles. Turn Left on to Tennessee Ave. Remain on Tennessee Ave for 0.4 mile. Take a slight right onto St. Elmo Ave. St. Elmo becomes Forest Hays Jr. Memorial Hwy. Keep going for 7.3 miles to Nick a Jack Rd. Turn Right. In about 3.4 miles look for the trailhead sign on the left (N34 53.901 W85 23.496).

**Jul 17 - Cedar Mountain (west of Chattanooga). 4 miles. Moderate.** The group will meet at the Bi-Lo parking lot, 4825 Dayton Blvd, Red Bank (at Morrison Springs Rd) and will leave the parking lot at 8:30 am ET. Contact: Earl Helmer at [e\\_helmer@att.net](mailto:e_helmer@att.net) to register. Driving Directions: Take Interstate 24W towards Nashville about 19 miles to exit 158 (Powells Crossroads). Take a left at the end of the exit ramp and go under the freeway. Immediately on the other side of the freeway, just past the entrance ramp look for a gravel road on the left. It is kind of hidden from view. This gravel road will take you directly to the parking area. The parking area is located at N35 01.849 W85 34.886. Portions of this trail are not well marked so it will be necessary to follow a GPS trail. This means that some of the hike may not be on a marked trail. There may be some bushwhacking necessary to maintain our course.

**Jul 21 - Red Clay State Park Council of Trees Trail. 3.5 miles.** The Park's visitor center includes historical artifacts and a video presentation; the surrounding land also includes historical structures. We will meet at the Target shopping center on Highway 153 and will leave the parking lot at 8:00 am ET. Contact Nance Jo at [ogo62no@zoho.com](mailto:ogo62no@zoho.com) or 256-509-1541 to register. Driving Directions: From Target, take Highway 153 south across the Chickamauga Dam; exit onto Bonny Oaks east; continue on Highway 317 toward Collegedale and Apison; follow signs to the Park on Red Clay Park Road.

## Soddy Daisy – con't

**Jul 24 – Cumberland Trail from Highway 111 (near Jones Gap Road) to Board Camp Creek and return.** Join us as we hike the newly rerouted portion of trail along the creek. The trail is rated as moderate with a distance of approximately 6 miles. The group will meet at the Soddy-Daisy baseball fields parking lot (across from the lake) along Durham St. (N 35 17.307 W 085 09.450) and will leave the parking lot at 8:30 am ET. Contact Nance Jo at [ogo62no@zoho.com](mailto:ogo62no@zoho.com) or 256-509-1541 to register. Driving Directions: US-27 North from Soddy-Daisy, exit onto Highway 111 toward Dunlap, exit onto Lewis Chapel Road, return to Highway 111 toward Chattanooga. Parking to the trail is along the highway beside the concrete drainage ditch. For trail information, refer to [www.cumberlandtrail.org](http://www.cumberlandtrail.org).

**Jul 28 – Lula Lake Land Trust.** We will hike several trails on the property but, expect the total distance to be approximately 6 miles. The trails have some steep but short climbs. The group will meet at the Bi-Lo in Red Bank at 4825 Dayton Blvd (at Morrison Springs Rd) and will leave the parking lot at 8:30 am ET. Contact Bob at [kopperkitters@yahoo.com](mailto:kopperkitters@yahoo.com) or 423-667-2960 to register. Driving Directions: From Red Bank, take US27 south to Interstate 24 East. Exit onto Broad St., TN-17S. Turn right onto St. Elmo Ave., TN-58S and pass entrance to Rock City. Continue up Lookout Mountain and arrive at a T-intersection with Lula Lake Rd.; turn left (south) and go 4.5 miles to the gravel drive entrance on the left. Follow the gravel drive to an area marked for parking.

**Jul 31 – Tennessee River Gorge Trail, Raccoon Mountain Pump Storage Facility. 2.5 miles.** At this point, the trail reaches the road and people will have the chance to return to their vehicles by walking about 0.5 miles on the road, or continuing on the hike by crossing the road and joining the Laurel Point Trail and hiking another 2.5 miles. The trail is rated as easy to moderate. The group will meet at the Bi-Lo parking lot, 4825 Dayton Blvd, Red Bank (at Morrison Springs Rd) and will leave the parking lot at 8:30 am ET. Contact: Nance Jo at [ogo62no@zoho.com](mailto:ogo62no@zoho.com) or 256-509-1541 to register. Driving Directions: From Red Bank take US-27 south, take Interstate 24 west, exit onto Browns Ferry Road; at the end of the exit ramp, turn right; turn left onto Elder Mountain Road and proceed to the Pumped Storage Facility. Follow signs to the Laurel Point picnic area.

## WATER: IT'S A REAL LIFESAVER

Perhaps the single most essential element of a safe, enjoyable hiking trip is access to water. Although plenty of carbohydrates are an important part of keeping your energy up while out on the trail, water is the fuel you absolutely must have to keep your engine running. You can survive a surprisingly long time without food, but you cannot survive without water. Approximately 70 percent of your total body mass is water, and your blood is 90 percent water. Without water, the blood thickens and causes your blood pressure to rise and your muscles to cramp. Through perspiration, breathing, and urination, the average human loses at least three quarts of water per day and much more when engaging in a strenuous physical activity. It is important to replenish this water on a daily basis - it is essential to replenish it during, and after, a hike. Experts recommend people consume between three and four quarts of water a day, or approximately half an ounce per pound of body weight. The amount increases in high temperatures, when your body loses more water through sweat, and in low temperatures, when water escapes through breath. When you can see your breath, you are exhaling a mass of tiny water droplets that need to be replaced. Altitude also affects the amount of water your body requires. You will need a minimum of three quarts of water per day up to 12,000 feet and at least 10 quarts per day in higher regions.

An adequate water supply is necessary for the body to metabolize nutrients efficiently. Water also keeps your joints lubricated, regulates your body temperature and helps flush out contaminants. It is important to continuously replenish your body's water while you hike - not only when you are thirsty. Thirst is a sign that your body's water level is already low. Fatigue and headaches are also signs that you are becoming dehydrated. You may even become irritable. To avoid dehydration, experts recommend drinking at least one cup of fluid for every 20 minutes of vigorous hiking.

Dehydration is classified in three levels. When you are mildly dehydrated, your nose dries up, your urine is noticeably yellow, and you are mildly thirsty. In moderate dehydration, these symptoms become more severe and are compounded by a weak, rapid pulse. When your body hits severe dehydration, your mucous membranes dry up completely, you become disoriented and drowsy, are unable to urinate or make tears. As this condition worsens, you will eventually go into shock. The best way to avoid dehydration is to drink regularly, even if you are not thirsty. If you start to experience early signs of dehydration, start drinking more water - quickly. More severe dehydration should be treated with salt tablets; be aware that these are difficult to digest. Other precautions include avoiding caffeine and alcohol. Both are diuretics and extract water from your system. After a long day on the trail, continue drinking large quantities of water throughout the evening to completely rehydrate.

So, how much water should you pack along? Experts maintain that a hiker will consume an average of two gallons of water per day, or as much as 3.5 gallons if the temperature climbs over the 100-degree mark. Even if you are hiking along streams and have a purification system, you should still have extra water. Water weighs more than 2 pounds per quart and can become a tremendous weight in your pack. But, when paring down, leave the radio and even the camera at home - don't skimp on the water.

*David Lillard and Gwyn Hicks, "Water: It's a Real Lifesaver," Exploring the Appalachian Trail, Hikes in the Virginias, 1<sup>st</sup> ed. (Mechanicksburg, PA: Stackpole Books, 1998), 128-29.*

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## SUMNER TRAILS CHAPTER

### CHAPTER CO-CHAIRS:

David & Shirley Primeau 615-424-2948  
[sumner@tennesseetrails.org](mailto:sumner@tennesseetrails.org)

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

Hendersonville First United Methodist Church, 217  
E. Main St. Hendersonville, TN

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**Jul 3** - The monthly **Chapter meeting has been cancelled** due to Independence Day celebration events. We hope all members and friends of the Chapter have a happy, safe holiday and will see you on the trails in July and at the Chapter meeting August 7.

Both hikes scheduled this month are close by and especially appealing to newcomers and those wanting to hike a shorter distance during the warm weather.

**Jul 14 - The Trails at Fontanel, Nashville.** Fontanel features a 2 1/2 mile trail which winds through the woods surrounding the former home of Barbara Mandrell. Fontanel rates this loop trail at an intermediate level as it does require climbing the hillside, but benches are available at several points for resting. After the hike, we will lunch (Dutch-treat) at the newly-opened Cafe Fontanella at the trail's end. Meet at 9 am CT at the Kroger parking lot, Glenbrook Shopping Center, for carpooling and directions, or drive directly to Fontanel, 4225 Whites Creek Pike, to begin hiking at 10 am. Contact hike leaders David and Shirley Primeau at [davidprimeau@bellsouth.net](mailto:davidprimeau@bellsouth.net) or 615 424-3991 for additional information or to confirm the hike in case of threatening weather.

**Jul 27 - Moss-Wright Park, Goodlettsville.** This hike will begin at 6 pm CT at the trailhead immediately to the left of the old fort at the park, allowing us to enjoy cooling temperatures as evening approaches. We will hike approximately 2 1/2 miles of easy trail along Mansker Creek and various park recreational areas, with an additional optional 1/2 mile section that does include a hill. After the hike, we can cool off with soft drinks or ice cream at a local restaurant. Meet at the trailhead (Moss-Wright Park is located at 745 Caldwell Lane; enter at the main entrance and continue to the right). Contact hike leader Lea Whitten at [whittonm@realtracs.com](mailto:whittonm@realtracs.com) or 615 289-4842 for additional information or to confirm the hike in case of threatening weather.

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## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

### CHAPTER CHAIR:

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

### HIKE COORDINATOR:

Cindy Johnson 931-570-0122  
[uppercumberlandhikes@tennesseetrails.org](mailto:uppercumberlandhikes@tennesseetrails.org)

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We have no hikes scheduled for July.



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 ARE LISTED WITHIN EACH CHAPTER'S HEADER

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

## TTA CALENDAR

The following dates in 2012 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.

### THIRD QUARTER

Aug 4 ..... Board of Directors' Quarterly Meeting  
 (Location TBA)

Sep 8-15 ..... Bike Ride Across TN (B.R.A.T.)  
 Proceeds Benefit the Cumberland Trail

Sep 20-23 ..... Southeast Foot Trails Coalition. 2012  
 Meeting. (Fall Creek Falls SP)

Sep 29 ..... National Public Lands Day (Statewide)

### FOURTH QUARTER

Oct 26-28 ..... TTA's Annual Meeting; hosted by  
 Clarksville chapter. Brandon Spring  
 Group Center at Land Between the  
 Lakes.

## TIP

Dehydration is serious. Drink a lot of water – more than you feel you need. One of the first signs of dehydration is a headache. If you become dehydrated, you must slow down immediately and get re-hydrated.

### Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Jul 10 .....	Aug 1
Aug 10 .....	Sep 1
Sep 10 .....	Oct 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*

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

**ADDRESS SERVICE REQUESTED**



**NOTICE: YOUR MAILING LABEL CONTAINS YOUR MEMBERSHIP EXPIRATION DATE.**  
To avoid any interruption with delivering your newsletter, we ask that you renew at least one month before the date shown. Use the Membership Form provided below.  
**PLEASE RENEW, STAY INFORMED, WE NEED YOU!!!**

**YES, I WANT TO JOIN TENNESSEE TRAILS ASSOCIATION, I AM . . .**

- A NEW MEMBER**  
 **RENEWING MY MEMBERSHIP**

Jul 12

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](http://membership@tennesseetrails.org)

**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 email.

\*\* CTC Membership \*\* \*\*\$5.00\*\*

\*\* *Special \$5.00 rate for membership in Cumberland Trail Conference if you also are joining TTA or renewing your TTA membership. CTC is building the Cumberland Trail, which will go from Chattanooga to Cumberland Gap. Over 185 miles are now complete and open for hiking. More information can be found at [www.cumberlandtrail.org](http://www.cumberlandtrail.org). Please consider enhancing your commitment to Tennessee's great trails by joining the CTC.*

Please list me with the following chapter:

- |   |  |
|---|--|
| <input type="checkbox"/> Clarksville    | ___ Murfreesboro                         |
| ___ Columbia/Franklin                   | ___ Nashville                            |
| ___ Cove Lake                           | ___ Northwest (UT at Martin/Weakley)     |
| ___ Dyer County                         | ___ Plateau (Crossville)                 |
| ___ East TN (Oak Ridge/Knoxville)       | ___ Soddy Daisy                          |
| ___ Highland Rim (Manchester/Tullahoma) | ___ Sumner Trails (Sumner County)        |
| ___ Jackson                             | ___ Upper Cumberland (Sparta/Cookeville) |
| ___ Memphis                             | ___ At Large                             |

When you become a TTA member, you will receive: (1) TTA's Hiking Handbook, a reference book containing information about TTA, trail etiquette, hiker responsibilities, etc. (2) TTA's monthly newsletter, containing information on hiker safety, upcoming hikes/overnight trips, volunteer opportunities, chapter meeting announcements, as well as events occurring within TTA's Associate Organizations - C.T.C. and T.R.A.C. (3) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

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