

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



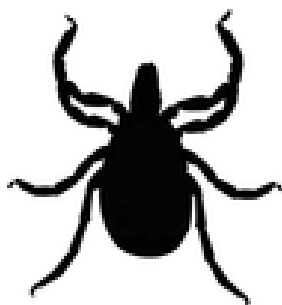
IT'S TICK SEASON

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

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

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

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



SAVE THE DATE

2013 TTA Annual Meeting is on for Oct. 25-27 at Fall Creek Falls State Park!

Keep the date reserved on your calendar. You will enjoy hiking in southeastern TN, connecting with new and old friends, and sharing evening activities. Details will be posted online soon.

WHITE NOSE SYNDROME UPDATE

As previously reported in the November 2009 issue of the TTA newsletter, White Nose Syndrome (WNS) in bats caused the closure of caves on public lands in Tennessee in an effort to forestall the spread of the disease. Unfortunately, WNS was confirmed in several caves in Tennessee in 2010. Cave closures have now been extended to at least June of 2013.

In Georgia, state and federal officials reported on March 12, 2013 the disease affected tri-colored bats (formerly known as the eastern pipistrelle, *Perimyotis subflavus*) at Lookout Mountain Cave at Chickamauga and Chattanooga National Military Park and Sittons Cave at Cloudland Canyon State Park.

To date, nine bat species are affected by white-nose syndrome, including two endangered ones.

Details:

<http://www.usatoday.com/story/tech/sciencefair/2013/03/12/white-nose-georgia/1982075>



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 Phone:931-456-6259
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 Website: www.cumberlandtrail.org

CTC is considering offering a Chainsaw Certification course, if there is enough interest. Please contact Marleya at 931-456-6259 or marleyapendleton@frontiernet.net to let her know if you would be interested or for further information.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: J.R. Tate 931-920-2692
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(call Paul & volunteer to lead an outing)
MEETS MONTHLY: 3rd Tuesday at 6:00 pm CT,
 Crow Community Center, 211 Richview Rd.
Additional information may be seen at our web site:
<http://www.tennesseetrails.org/blog/clarksville>

Apr 6 - Warner Parks Connector and Mossy Ridge Trails. 6.5 miles. Moderate. Suva Bastin 931-645-2849. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 50 miles to trailhead.

Apr 13 - Ashland City Rails to Trails. 8 miles. Moderate due to length. Bill Slabaugh 931-249-4834. Meet 8:00 am CT, Madison Street Kmart parking lot, Clarksville. 29 miles to trailhead.

Apr 16 - Monthly Meeting.

Apr 20 - Earth Day (Earth Day is on Monday April 22). We will volunteer to help at Land Between the Lakes. John Sneed 931-920-388. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 72 miles to trailhead.

Apr 27 - Overnight hike -Frozen Head State Park. 7 miles. Moderate. Need leader. We will secure a camp site at the campground, hike to Fire Tower and back to camp site, overnight and return on the 14th. Meet 6:00 am CT, I 24 Exit 11 commuter parking lot. 188 miles to trailhead.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Marvin Caine 931-486-1632
columbia@tennesseetrails.org
MEETS MONTHLY: 1st Tuesday at Grand Buffet (Hwy 31 north side of Spring Hill). Socializing and dinner at 6:00 pm CT; meeting starts at 7:00pm.

Apr 2 - Chapter Meeting. Bob Goodwin will present pictures of his trip with Sandra Parker to Panama. It will include Panama City, Panama Viejo, the Kuna Indian Marketplace and Casco Viejo, the partial transit of the Panama Canal, including various locks, and views of the prison where Daniel Noriega is incarcerated plus Gatun Lake and Monkey Island, an Embera Indian Village, Gamboa rainforest to include a butterfly garden. hikes in the rainforest and in an area near the Pacific Ocean, El Valle, plus many other things.

Apr 6 - Workday at Stillhouse Hollow Falls State Natural Area. We will be building a new loop trail off the main trail starting at the bridge over the creek and then back to the main trail farther on. A spur trail will go to an overlook. The main activity will be raking, so although rakes will be available, bring a rake if you can. We can use as many volunteers as possible. Please meet at the trailhead at 9 am. To register contact Russell Smith at 615-790-1833 or carving082334@aol.com.

Apr 13 - Short Springs Natural Area, Tullahoma, TN. 3.5 miles. Easy. This 420 acre natural area is one of the best spring wildflower locations in the state. We may see Trout Lilies, Virginia Bluebells, Jack-in-the-Pulpit, Larkspur, Dutchman's Breeches and the more common Trillium and Mayapples. It also provides an excellent contrast between the Highland Rim and Central Basin geology and vegetation. When descending along the Machine Falls trail, exposed black Chattanooga shale can be seen at mid-slope. The formation delineates the two geographical regions. Thickets of mountain laurel grow on the upper slopes under a dry oak-hickory forest canopy that is characteristic of Highland Rim vegetation. The lower slopes and areas along Bobo Creek support towering sycamores, buckeye, magnolia, beech and tulip poplar trees with a rich shrub layer and herbaceous cover. The steep escarpment and its numerous wet weather seeps are particularly impressive during the moist winter and spring months. Waterfalls in the area include Machine Falls , with a drop and width if more than 60 feet, and Busby Falls , which can be seen from overlooks on the Bobo Creek trail. We will meet behind McDonald's, 4908 Main Street (Hwy 31) on the north side of Spring Hill and leave promptly at 8:00 am CT. Please arrive at least 15 minutes early to sign the TTA release form. Wear sturdy boots and bring water and snacks for the trail. As the trail to Machine Falls can get wet, please bring a change of clothing and spare shoes for the return drive. We will stop in Tullahoma or Manchester for a late lunch. Register with Rick Lausten at saturncar1@aol.com or by phone at 615-516-1417 (cell).

Apr 26–28 - Weekend in the Smokies. We will travel (car pool) on Friday and plan to stay in a Townsend hotel. If you prefer to camp, we can meet at the trailhead each day. Bring water, sturdy hiking boots, and lunch for the trail each day. For more information and to register, please contact Laura Barber at lbarber@earthlink.net or by cell phone at 931-797-4450. Hikes may be altered depending on weather and group interest.

Apr 26 – Middle Prong Trail. 4.6 miles. Moderate. This hike runs from the end of Tremont Road to the junction with Panther Creek Trail and back. Highlights are wildflowers and waterfalls.

Apr 27 – Rich Mountain Loop. 8.7 miles. Moderate. This hike is good for spring wildflowers and a broad look at the main range of the Great Smokies. It utilizes Rich Mountain Loop Trail, Indian Grave Gap Trail and Crooked Arm Ridge Trail and includes an elevation change (up and down) of 1650' to Cerulean Knob (3,686'). There will be small stream crossings and a view of a (wet weather) waterfall.

Apr 28 – Abrams Falls. 5.0 miles. Moderate. This trail borders Abrams Creek, the largest stream entirely inside the park. We will hike to the 20' Falls and back.

COVE LAKE HIKING CHAPTER

CHAPTER CHAIR: John Redmon 423-869-8286
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SECRETARY/BOARD REPRESENTATIVE:
Kathy Sarvis 865-494-0374
covelakehikes@tennesseetrails.org

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

Apr 18 – Trial Maintenance Day. Contact John or Kathy for more information.

DYER COUNTY CHAPTER

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

This chapter is in the process of being reorganized.

For further information, contact Graydon Swisher at 901-737-3114 or, westregional@tennesseetrails.org. In the interim, you are welcome to attend (14 to select from) other chapters' outings, events and meetings.

EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-548-6171
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easttennessee@tennesseetrails.org

Apr 6 - Blue Heron Loop Trail, Big South Fork National River and Recreation Area, Stearns, KY. 6.5 miles. Moderate to difficult. The Blue Heron Loop combines history, geology, and scenery in one hike. Hikers can get a glimpse of what life was like in a company-owned coal mining camp by visiting the Blue Heron Mining Camp and its extensive exhibits. The openings to old coal mines can also still be seen. Part of the trail actually follows an old mining tram road. The trail also climbs to the gorge rim where it passes by two spectacular overlooks. The trail goes through a natural cliff opening known as "Cracks in the Rocks." We will meet at the Ingles on Emory Road in Knoxville (off of I-75) at 8:00 am ET. Bring water, lunch, snacks, good hiking shoes, etc. Co-leaders are Karen Towle and Robby Paul. Pre-register with Robby Paul at robbypaul@hotmail.com or 865-850-1503.

Apr 20 - Great Smoky Mountains National Park, Laurel Falls & Cove Mountain Trail. 12.5 miles. Strenuous. After dropping a car at park headquarters, we will start at the popular Laurel Falls Trailhead. The first 1.3 miles to the falls is paved and the route features many views. After stopping for photos, we'll leave the crowds behind and start a 2.7 mile trek to the top of Cove Mountain. On the way there, we get to walk through a canopy of rhododendron and check out several views. At 1.8 past the falls, we intersect with the Little Greenbrier Trail and stop for a break. The last mile we pass through a virgin forest and marvel at the huge tulip trees. At the top we take a short detour to get to the peak and the 60-foot fire tower (approx 4,000 ft). These days the tower is used as an air quality monitoring station. From here, most of our hike is downhill (no pun intended) and should be a nice walk since the trail is wide and grassy. The Cove Mountain trail allows us to walk at the border of the park where we may see lots of wildflowers including Turk's Cap Lily, Downy Rattlesnake, Plantain Orchid, Crested Iris, Birdfoot Violet, Yellow fringed orchid, and lots of berries. For part of the way, Gatlinburg & development is on the left and the park is on the right giving us great appreciation that the park is here. We reach Mt. Harrison at the half way point, then continue for 3.8 miles to Cataract Falls which is about 1/4 mile from park headquarters, our end point. We'll meet at 8:00 am ET at the Sugarlands Visitor Center. To register, please contact Larry Marchese at 615-681-2294, or email at lmarchese2@gmail.com.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Linda Hudson 931-841-0540
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TREASURER: Marietta Poteet 931-924-7666
highlandrimtreas@tennesseetrails.org
OUTINGS & PROGRAM COORDINATOR & NEWSLETTER CONTACT: Joan Hartvigsen 931-962-0811
highlandrimhikes@tennesseetrails.org
(contact Joan & volunteer to lead an outing)
MEETS MONTHLY: 4th Monday at 7:00 pm CT at the D. W. Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Apr 7 – Short Springs State Natural Area, Tullahoma, TN. Sunday afternoon wildflower hike. 5 miles. Moderate. We will meet at 1:00 pm CT at the Short Springs parking lot. We will hike the Wildflower Loop, Machine Falls Loop, Adams Falls Loop, Busby Falls Loop and Laurel Bluff Loop. We will see wildflowers, waterfalls, cascades, creeks, Cedar Glades, overlooks, forest of mature oaks, hickories, tulip poplar, beech and sugar maples. Bring water, snacks, hiking shoes and hiking sticks. Contact Joan Hartvigsen at 931-962-0811 or *jhartvigs@comcast.net* to register.

Apr 12, 13 & 14 – 10th Annual Trails & Trilliums, Monteagle Sunday School Assembly, Monteagle, TN. Fundraiser for South Cumberland State Park. Over 15 guided hikes Saturday and Sunday on a range of great trails: Fiery Gizzard, Shakerag Hollow, Collins Gulf, Foster Falls, Assembly Stagecoach Trail, Buggy Top and more. Detailed schedule soon at <http://trailsandtrilliums.org>, *info@trailsandtrilliums.com* or call 931-924-2623. Or contact Joan Hartvigsen at 931-962-0811 or *jhartvigs@comcast.net*. Sign up on the Trails & Trillium Facebook page to receive event emails.

Apr 20 – Eat-Hike-Eat Hike, Sewanee Perimeter Trail, Sewanee, TN. Three miles and challenging (aka difficult) because of rock climbing up and over an obstacle called Proctor Hall. Join Cathleen for the monthly Eat-Hike-Eat Hike. Meet at the Blue Chair Restaurant in Sewanee at 9:00 am CT for breakfast and coffee or come at 9:30 am if you just want to hike. This month we will cover the Perimeter Trail from Lake Cheston back to the Blue Chair. We will hike past Morgan's Steep, Proctor Hall (challenging) and the Memorial Cross. Bring water and a snack. Call or text Cathleen Close at 931-841-1448 or *cathleenclose@gmail.com*.

Apr 20 & 21 - Backpacking Trip to Hobbs Cabin, North Rim Trail, Savage Gulf State Natural Area, Palmer, TN. Approximately 17 miles roundtrip, slight elevation changes. Moderate. The North Rim Trail has more overlooks than any other trail on the South Cumberland. Bring everything needed to spend the night as the cabin may be occupied by other hikers. Water is available from a spring near the cabin and insect repellent may be necessary. We will meet at the Monteagle Elementary School April 20 and carpool to the ranger station. Contact Linda Hudson at 931-841-0540 or *lyndalehudson@gmail.com* to sign up.

Highland Rim Chapter – con't

Apr 22 – Chapter Meeting. Dinner at Las Trojas Mexican Restaurant, 1905 N. Jackson St., Suite 800, Tullahoma, TN near Kroger. Our meeting is at 7:00 p.m. at D. W. Wilson Community Center, 501 N. Collins St., Tullahoma, TN. Our speaker is John Froeschauer, Regional Naturalist for Program Services for Tennessee State Parks in Middle Tennessee. Mr. Froeschauer will cover the problem of invasive exotic plants in Tennessee. Using examples and images, he will showcase the worst offenders as well as "sleepers", species that may become problematic in the future. He will also cover removal activities in state parks, how individuals can easily accomplish removals in the backyard, and as potential volunteer group activities.

Apr 26, 27 & 28 – Red River Gorge Geological Area, Slade, KY, east of Lexington in the Daniel Boone National Forest. Joint Expedition with the Murfreesboro Chapter. Red River Gorge is a 29,000 acre federal wilderness area known for the number, size and variety of natural stone arches. There are more than 100 known natural arches. The Red River is a National Wild and Scenic River. Three easy to moderate hikes. The Courthouse Rock and Auxier Ridge Hike is a 5 mile loop which offers the stunning cliff-top views that make the Red River Gorge famous. From the highest points, you will see the Gorge itself, as well as vistas to Ravens Rock, Haystack Rock, and Double Arch. Half the hike descends into the lush forest beneath some magnificent sandstone cliffs. The three mile Grays Arch Loop features the biggest arch in the entire Red River Gorge area. Grays Arch spans 80 feet and stands 50 feet. The Original Trail in Natural Bridge State Resort Park is a 3 mile loop featuring the Natural Bridge, a highlight of the Red River Gorge. This hike also visits Lookout Point, Lovers Leap and the Devil's Gulch. We plan to car camp at Natural Bridge State Park Campground, no reservations. Car camping is also available at Koomer Ridge Campground. Contact Joan Hartvigsen at 931-962-0811 or *jhartvigs@comcast.net* to register.

JACKSON CHAPTER

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

(call Glen & volunteer to lead an outing)

MEETS MONTHLY: 1st Monday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

Apr 6 - Sewanee Wildflower Hike.

Apr 20 - Nathan Bedford Forrest State Park.

MEMPHIS CHAPTER

CHAPTER CHAIR: Charlie Bright 901-829-4434
memphis@tennesseetrails.org
VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Apr 6 - Natchez Trace Historical & Waterfall Hike. Bring your camera for a day-long outing of great scenery! We'll meet at 7:15 am CT in the parking lot between the Quick Stop and Kroger in Lakeland on Highway 64. We'll begin our day at the Meriwether Lewis Monument and gravesite located at mile post 385 on the Natchez Trace Parkway. We'll hike the 1 ½ mile loop of the original Natchez Trace. We'll continue north on the Trace to Fall Hollow and hike a short distance to two waterfalls. Then on to Jackson Falls and hike ½ mile on a paved walkway to the waterfall. Our last stop is at the Gordon House Historical Site before returning to Memphis late Saturday afternoon. Bring plenty of water, snacks, sack lunch, and money for carpooling. Contact Tricia Kennedy at 901-488-4844 or *bestarmymom@gmail.com*.

Apr 12-14 - Cumberland Trail - Soddy-Daisy. REGISTRATION by April 5 is REQUIRED. To register or to get additional information, contact Wayne Simpson at *w.simpson1@comcast.net* or 901-385-1988.

Friday - Depart Memphis at 8:00 am and drive to Soddy-Daisy. Hike the southern portion of the Soddy Creek section (4.5 miles). We'll start at the Mowbray Pike trail head and end at the Sluder Lane trailhead.

Saturday - We will hike the Upper Rock Creek Gorge Trail (5.2 miles) with the option of including the Rock Creek Loop Trail (3.3 miles). Everyone will walk the first five miles. At that point you can decide whether to add on the loop or continue a short, steep route to the trailhead.

Sunday - Before returning home we do an out-and-back hike on the southern portion of the Possum Creek section (5.4 miles).

Suggested Lodging: Hometown Inn 423-332-7755
http://www.hometowninnssoddydaisy.com

For details and a map see
http://www.cumberlandtrail.org/three_gorges_possum.html
http://www.tn.gov/environment/tn_consv/greathikes/pdf/cumberlandtrail_possumcreek.pdf.

Apr 20 - Nathan Bedford Forrest State Historic Area, Camden. Eileen & Kam will lead a 6-mile hike rated moderate over hilly terrain. Meet at the Park Interpretative Center at 9:30 am CT. Bring water, snacks, and lunch. For additional information contact Eileen Kelm at 901-873-3221 or *e_kelm@yahoo.com*. Directions to the park: take Exit 126 on Interstate 40 and go North on Hwy. 641 for 15 miles to Camden. Turn right on Highway 70 East (do not take the 70 By-pass) at the traffic signal. Follow the signs to the park.

Apr 27 - V&E Greenline - Hike & Eat. Meet John at 9:00 am CT at Springdale and RR tracks for an easy 3-mile walk along the V&E Greenline Trail. This is a rails-to-trails park that is owned by the neighborhood. For information contact John at 901-386-3722.

MURFREESBORO CHAPTER

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MEMBERSHIP Mary Belle Ginanni 615-895-6072
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PROGRAMS Valerie Galan 615-586-2882
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OUTINGS COORDINATOR: Cathy Bingham 615-890-9791
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(Call Cathy & volunteer to lead an outing)

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

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

Apr 9 - Monthly Meeting. Highland Rim chapter members Jim and Marietta Poteet will present a program on their hiking trip to the High Tatra Mountains of Slovakia in Central Europe. The High Tatra Mountains has an extensive network of trains, ski lifts, cable cars, and gondolas that make it possible to put together a series of high level hikes from the base village of Smoky Starovic. You can learn more at *Slovakia.org*.

Apr 20 - Earth Day Celebration on the Square in Murfreesboro. Come out and help promote TTA. Contact Sara Pollard at 615-714-3610 or *sarapollard@gmail.com* to volunteer.

Apr 20 - Big South Fork. This is a beautiful park with many hikes to choose from, ranging from easy to difficult. Please contact Jenny Jacobs for details if you are interested. Jenny Jacobs 615-691-2636
jjj27_1999@yahoo.com.

Apr 27 - Foster Falls Area Hike, South Cumberland State Park. Moderate. This is a 4 to 5 mile loop off highway 41 south of Tracy City. We will hike down to the river to view the falls, then skirt along the bottom of famous cliffs known to rappel climbers as the White Walls and the Dihedrals. A steep climb precedes our way back along the top of the cliffs. You will need sturdy boots and plenty of water. After the hike we will have lunch in Tracy City. Register with Nabil Wakid at *nwakid@bellsouth.net* or call 615-893-7942.

Apr 26, 27 & 28 - Red River Gorge Geological Area, Slade, KY, east of Lexington in the Daniel Boone National Forest. Joint Expedition with the Highland Rim Chapter. See Highland Rim Chapter listing for details and to register.

NASHVILLE CHAPTER

CHAPTER CHAIR: Doug Burroughs 615-283-0507
nashville@tennesseetrails.org

OUTINGS COORDINATOR: Nancy Juodenas 615-319-8811
nashvillehikes@tennesseetrails.org

(email Nancy & volunteer to lead an outing)

MEETS MONTHLY: 4th Tuesday at 7:00 pm CT in the REI
Community Room, 261 Franklin Road, Brentwood. For
directions, visit: www.tennesseetrails.org/nashville.php

BLOG: www.tennesseetrails.org/blog/nashville

Apr 7 - Flat Rock Cedar Glade State Natural Area, Rutherford County. About 3 miles of easy hiking on even terrain, a great beginner hike. Wildflower enthusiasts will want their cameras for this one. Just a few minutes east of Murfreesboro, Flat Rock is important as a research area for MTSU, and we should be able to see several of the wildflowers that make it special. Contact Nora Beck for logistical details on this afternoon hike at norellibee@gmail.com or 615-517-6486.

Apr 13 - Trails & Trilliums in Monteagle. This posting is basically to coordinate car pooling for anyone who wants to participate in Trails & Trilliums events on this day. The full event is Friday-Sunday. We will plan to arrive in Monteagle in time to join in on a scheduled 11:00 am to 12:30 pm hike, but we will be staying until the 5-7 pm Wine & Wildflowers reception (\$10 at the door) is over. Participants are responsible for registering and paying for Trails & Trilliums events directly at: <http://www.trailsandtrilliums.org>. For carpooling and other information about this event, contact Doug Burroughs at dougburroughs@tennessee.usa.com or 615-283-0507.

Apr 14 - Birdsong Nature Trail, High Ridge Trail, Bledsoe Creek State Park. 3.5 miles. Moderate. We'll meet at the boat ramp parking area at 1:30 pm CT to start at the paved Birdsong Nature Trail. Next, we'll hike up the High Ridge Trail and see wonderful views of the lake. There is a short & steep downhill walk to the edge of the lake, then we continue along the Lakeshore trail as we finish the loop. In addition to the wonderful lake views, we'll see Bald Cypress trees which are rare in middle TN. To sign up, please contact Larry Marchese at 615-681-2294, or lmarchese2@gmail.com.

Apr 20 to Apr 27 - Backpacking on the Foothills Trail, NC-SC State Line. The Foothills Trail is about 77 miles in length; it is located along the Blue Ridge Escarpment in Upstate South Carolina and Western North Carolina; and, offers an extraordinary opportunity to explore the Southern Appalachians. The landscape is diverse, ranging from high rocky outcrops with views to the distant horizon, to quiet forests in deep valleys carved by bold mountain streams. Elevations along the trail range from 1,120 feet at Table Rock State Park to 3,560 feet atop Sassafras Mountain. Please know that The Foothills Trail is a very rugged and often remote wilderness area with little to no outside access. Although the word "Foothills" makes you think of small rolling hills, that is not the case!

Nashville Chapter- con't

There are tall, rocky, and steep mountains, and this backpack trip is considered STRENUOUS – and FOR EXPERIENCED BACKPACKERS; and, should not be thought of or approached as a casual stroll in the forest. Our rewards for this strenuous backpack: deep forests, remote solitude, exploring a completely new area, a minimal amount of bugs (and people), wildflowers in bloom at the various elevations, and hopefully seeing a wide variety of wildlife (yes, there are bears). Considerations regarding the outing . . . daily mileage will range between 11-13.5 miles; this is a linear hike and not a loop so a car shuttle will need to be in place prior to the start of our backpacking; everyone is responsible for her/his own gear (tent/tarp required) and food; and our shared expenses will be for carpooling gas, shuttle service fee and a front-country campsite at the start of our trip. The group size is limited to 6 or 7 people, and the deadline for questions and/or to register is on/before April 10 by contacting Diane Manas at 615-351-6431 (please, phone calls only; no emails).

Apr 23 - Chapter Meeting. Rick Lausten of the Columbia-Franklin chapter will describe for us his Coast to Coast hike of September 2012. His trek took him across northern England from the coast of the Irish Sea, across moors and through forests eastward to the North Sea. Bring a friend!

Apr 27 - Piney River section of the Cumberland Trail, near Spring City, TN. 8.46 miles. Moderate. Starting from the picnic area on Shut-in Gap Road the trail climbs steeply. The Twin Rocks Nature Trail takes off to the left about .1 miles from the picnic area. The trail continues up the slope, then follows the side of the mountain for another 3/4 miles, where a trail branches off to descend to the river. After hiking another 2.2 miles the hiker encounters the picturesque 100 foot suspension bridge. Then the trail follows an old dinky railroad, almost level, crosses a 20 foot bridge over Pine Branch, then a 45 foot bridge over Rock House Branch. A side trail leads 1/2 mile to the "bathtub", a 7 foot deep basin in the stream. The trail continues, winding up and down the slope as it continues upstream, through a beautiful stand of large hardwoods called Big Cove. Spider Den Bluff is the next interesting feature. Then the trail winds past White Pine Cascades to cross the road. The trail parallels the road generally uphill to Newby Forest Camp trailhead. This trail is known for its abundance of spring wildflowers which should be in full swing by this time in April. Sturdy hiking boots are a must on this hike. Along with these bring water, snacks, lunch and money for carpooling. This hike will require a car drop so we will need at least two cars making the trip. If enough people are interested there could be an option to spend the night at the Newby Forest Camp or similar. For more information and to register call Nancy Juodenas at 615-319-8811 or e-mail: njlj@gmail.com. Registration closes on April 21st in order to make camping arrangements if needed.

Nashville Chapter – con't

Apr 28 - Cedar Glades, Jackson Cave, Dixon Marritt, Cedar Forest, Limestone Sinks, Cedars of Lebanon State Park. 3.5 miles. Easy. We'll meet at the Park Headquarters at 1:30 pm, then walk the half-mile Cedar Glades Trail to get our first look at this unique habitat. Many of the plants in this park are special and only live here. Even in the winter, you won't find a place with more green plants due to the moss and lichen. Next, we'll drive and park near the lodge where we pick up the short walk to Jackson Cave. From the cave we'll pick up the Dixon Marritt trail (0.5 miles). This will take us to the 2-mile Cedar Forest trail where we'll see lots of limestone features and sinkholes. Lastly, we'll drive over to my favorite trail in the area: Limestone Sinks. In addition to the red cedars, we'll see Honey Locust, Pin & Post Oaks, Hickory and Hackberry trees. One oak has a huge gall. This trail features lots of sinks. Bring your boots and plenty of water and expect a wonderful walk. To sign up, please contact Larry Marchese at 615-681-2294, or lmarchese2@gmail.com.

NORTHWEST Chapter (UT at Martin / Weakley County)

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TREASURER: Sandy Davis 731-587-9134
northwesttreas@tennesseetrails.org
MEETS MONTHLY: 2nd 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 unavailable at press time.

Carpool Etiquette

Gasoline prices have continued to roller coaster up and down. Please be considerate and take your turn as a carpool driver. If you are a rider, always contribute to the cost of gasoline (i.e. bring small bills, it'll save time and prevent the inconvenience of having to stop to locate change).

Your driver is not a chauffeur. Assist him or her by reading the map and/or directions to the trailhead. Help your driver remain alert on the drive home by staying awake and conversing.

All passengers must wear seat belts to minimize the risk of injury in case of an accident !!! *The drive to and from a trailhead is generally the most dangerous part of any hiking trip.*

PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-456-6437
plateau@tennesseetrails.org
SECRETARY/TREASURER: Jan Barber 931-839-6662
Don Taylor 615-973-1814
plateausecy@tennesseetrails.org
MEETS MONTHLY: 2nd Thursday at 6:30 pm CT
BLOG: www.tennesseetrails.org/blog/plateau

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.

Apr 6 - Old Stone Fort/Short Springs, Manchester, TN. 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. It is a great wildflower hike especially if the bluebell plants are in bloom. There is also a nice museum. The Short Springs hike features a short hike to a waterfall. Depart from Tractor Supply at 8:00 am CT. Wear good hiking shoes or boots; bring water, lunch and snacks. For more information and to register, contact Don Taylor at 615-973-1814 or donaldctaylor@tds.net.

Apr 11 - Chapter Meeting. 6:30 pm CT. First United Methodist Church Annex, 69 Neecham Street, Crossville. Program: TN Parks and Greenways by Marvin Bullock. Dinner at LaCosta Mexican Restaurant, 138 The Crossings, Crossville at 5 pm. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-456-6437 for additional information.

Apr 13 - Standing Stone State Park, Hilham, TN. 5 miles. Easy to moderate. We plan to see wildflowers, views of the lake and the historic Fisk House. Depart Tractor Supply at 8:00 am CT. Bring snacks, water, lunch, and hiking boots. For information and to register, contact Cheryl Heckler at 931-456-6437 or thehecklers@charter.net.

Apr 20 - Chimney Top/Spicewood Branch Loop, Frozen Head State Park, Wartburg, TN. 8+ miles. Noderate to difficult with steep sections. Lots of wildflowers will be in bloom. We will hike to Chimney Top from the ranger station via the Chimney Top Trail. The view from the top is wonderful. We will lunch at the top then retreat along the ridge top to the Spicewood Branch Trail for a total distance of about 9.1 miles. Bring lunch, water, snacks, and wear good hiking boots. Elevation changes and the distance covered make both routes strenuous. Depart from Vanity Fair parking lot in Crossville at 8 am CT. We will leave from the ranger station about 9:15 am CT. For information and to register, contact Neal Richardson at jeanneorneal@highland.net or 423-965-3667 or Don Taylor at donaldctaylor@tds.net or 615-973-1814.

Apr 27 - CTC New River Segment Celebration, Frozen Head State Park, Wartburg, TN. There will be a cookout under picnic shelter A at 1 pm ET with an opening ceremony to follow. RSVP Marleya Pendleton at CTC office 931-456-6259 or marleyapendleton@frontiernet.net.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: John Politte 423- 304-8327
soddydaisy@tennesseetrails.org
HIKE COORDINATOR: George Bonneau 423-842-3619
soddydaisyhikes@tennesseetrails.org
TREASURER: Bob McGavock 423-843-4646
soddydaisytreas@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>*

Apr 2 – Enterprise South. 4-1/2-5 miles. Slightly moderate. Meet at Target on Hwy 153 at 9 am ET. Hike leader: George Bonneau.

Apr 6 – Heiss Mountain to Retro Hughes Road. 10 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike leader: John Politte 423-304-8327.

Apr 9 – Roaring Creek. 3 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike leader: John Politte 423-304-8327.

Apr 13 – Piney River. 8 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: George Bonneau.

Apr 16 – Pots Point Cabin. 3/12 miles. Meet at Bi-Lo parking lot in Red Bank at 10 am ET. Hike leader: George Bonneau.

Apr 20 – Heiss Mountain South to Big Soddy Creek. 11 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike leader: George Bonneau.

Apr 23 – Audubon Mountain. 3 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike leader: George Bonneau.

Apr 27 – Cumberland Trail Conference cookout at Frozen Head State Park or hike with Great Eastern Trail.

Apr 30 - Greenway Farm. 4-1/2 miles. Moderate. Meet at parking lot at the dog park of Greenway Farm at 9:30 am ET.

For further info contact George Bonneau at *george.r.bonneau@gmail.com* or 423-842-3619.

Bee-wise, Bee-ware

While most people are actually more afraid about animal attacks by larger animals, it is actually insects that are to be feared more. Bees, wasps, and hornet stings are more responsible for fatalities than snakes, spiders, and scorpions combined.

If you are Allergic to Bee Stings

Some people are hyper sensitive to bee stings. For them, a single sting could already be seriously life-threatening. If you know that you are hypersensitive for bee and perhaps other insect stings, check with your doctor and make sure to bring an emergency insect sting allergy kit. Your doctor will be able to cater to your exact needs. Make sure to check the expiration date of the medications on your kit since most antihistamine medicines need to be replaced after a few years.

Avoiding Bee & Other Insect Stings

- Use insect repellent sprays. Most of these sprays use DEET as their active ingredient and they do a great job at repelling mosquitoes. Citronella is less aggressive for the skin but generally does not have the same repelling effect as DEET.
- Do not wear any sweet smelling fragrances often found in after shaves and perfume. These often attract flies, bees, and other insects.
- Insect nets are a very fine netting that keeps insects from entering while still letting air through. Insect nets are mostly used for tents but can be found in an alternate form inside the ventilation vents of pants and other clothing.
- Bees will mostly attack when either trapped or agitated. Close any opening in your clothes that could trap bees between your skin and your clothing. Should you stumble upon a beehive, do not disturb it, and quickly (and quietly) vacate the area.

Treating Bee & Other Insect Stings

- Bees will often leave their stings in your skin when you get stung. Remove them in a scraping motion with a needle or knife and avoid handling them with your hands as this will probably squeeze more venom into your skin.
- The irritation and pain from an insect sting can often be neutralized by using an insect sting ointment. So make sure to bring some if you expect to go into insect - infested areas.
- People who receive multiple bee stings or are either allergic to bee stings can go into anaphylactic shock which could cause swelling, obstructing the airways. Remove the stings and use antihistamine medication immediately. Apply CPR if needed and make sure the airways are cleared.

These are the basic things you need to know about insect and bee stings. Take note that it is essential to have adequate First Aid knowledge and training if you are engaged in outdoor activities such as hiking so you will know what to do in case you need to administer First Aid.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS:

David & Shirley Primeau 615-424-2948
sumner@tennesseetrails.org

MEETS MONTHLY: 1st Tuesday at 7:00 pm CT

**Hendersonville First United Methodist Church,
217 E. Main St. Hendersonville, TN (third floor)**

Apr 2 - Chapter Meeting. Twenty years ago, few Nashvillians were familiar with the concept of a "Greenway." Fast forward, and today the Greenways of Nashville and Davidson County include 52 miles of multi-use trail with more on the way! Our speaker for tonight's program is Renee Bates, the Executive Coordinator for the non-profit group, Greenways for Nashville ("GFN"). GFN's vision is to tie "Nashville and Davidson County together with threads of green" and to become a "city where natural areas, recreational opportunities, and non-motorized transportation are within easy reach of all of us." She'll give us the scoop on recent developments - like the acquisition of the 600-acre Stones River Farm (adjacent to the Stones River Greenway at Lebanon Pike) as well as the Cornelia Fort Airpark (132 acres adjacent to Shelby Bottoms Greenway). As always, visitors, family and friends are welcome. Due to the "multi-use" nature of greenways, we particularly encourage other local outdoors enthusiasts to join us for tonight's program. Part of the "greenways" vision is that the trails will connect to **blueways** for water sports and **bikeways** for cyclists. This is a program that should appeal to everyone who loves the outdoors - we'll see you there! Questions: contact Anne at ttahiker@att.net.

Apr 6 - Taylor Hollow State Natural Area. Located in Sumner County on the Western Highland Rim, Taylor Hollow State Natural Area is a botanically rich and a biologically diverse area that is one of only a very few areas remaining like this in Middle Tennessee that has been minimally impacted by human activity. Paul Kingsbury, Communications Manager of the Tennessee Chapter of The Nature Conservancy, will be guiding us on the hike, and we are hopeful to see a great display of spring wildflowers as we learn about the site. The hike will start at 10 am CT and is rated moderate. Hiking boots/sturdy shoes are recommended; hiking poles will be helpful although not necessary. Bring water and snacks, and hikers may wish to wear insect repellent, long pants and light-colored clothes to reduce the chance of picking up ticks. The number of hikers will be limited due to the need to minimize human impact upon the site and the limited on-site parking availability, so interested hikers **MUST PRE-REGISTER** with David or Shirley Primeau - carpooling information will be provided at that time. To pre-register or for questions, contact the Primeaus at davidprimeau@bellsouth.net or 615-424-3991. Also, contact the Primeaus if threatening weather that morning, to confirm the hike.

Sumner Trails Chapter – con't

Apr 13 - Narrows of the Harpeth. 2 miles. Easy (except for one steep climb). It is called the Narrows because the river in a 5 mile bend nearly curves back on itself - our hike is inside this bend so we will have Harpeth River on either side of us. We will follow the river to a point where a man-made tunnel (built in early 1800's) has been cut through the bluff from the other side to create a water powered mill for iron ore processing. Then we will ascend the bluff for awesome views - then descend and walk to where the water enters the tunnel. We usually see plenty of wildflowers on this one so bring your wildflower book. Meet at First Presbyterian Church in Hendersonville at 9 am CT or at the Harris-Street Bridge trailhead at 10 am. After the hike we'll have lunch at Paul's Perfect Pig nearby. For further info contact River Rat Al at ballallenger@aol.com or 615 347-2623 after 3 pm the day before the hike.

Apr 27 - Volunteer/Day Loop Trail, Long Hunter State Park, Mt. Juliet. We will make a 4 mile loop of the Volunteer and Day Loop Trails, a beautiful trail, fully wooded with bluffs overlooking the shore of J. Percy Priest Lake. It is an easy to moderate trail and we will go at a leisurely pace. We will meet at the Hendersonville First Presbyterian Church at 9:00 am CT for carpooling and directions. Bring water and any desired snacks and wear sturdy comfortable shoes. Optional to join us for lunch after the hike at Panera Bread at Providence. If you have questions or would like to meet us at the trailhead contact Lea at 615-289-4842 or e-mail at whittonm@realtracs.com.

GO GREEN

Electronic Newsletter Available

This is reminder that you can now receive your monthly newsletter via email. If interested please contact Tim Townley at membership@tennesseetrails.org and please include your email address.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Louise Miniard 931-528-9115
uppercumberland@tennesseetrails.org

HIKE COORDINATOR: Kathleen Sullivan 931-284-7822
uppercumberlandhikes@tennesseetrails.org

Apr 6 - Across the Gulf, Savage Gulf State Natural Area, Beersheba Springs, TN. 17 miles. Strenuous. We will start at the Stone Door Ranger Station and cross the gulf to Hobb's Cabin. We will then hike the length of the North Rim Trail and end our hike at the Savage Gulf Ranger Station. The North Rim Trail features more overlooks than any other trail in the South Cumberland area. The trails vary between level, steep, and rocky. Sturdy hiking boots are required. Bring headlamp, water, snacks, and lunch. We will meet at the Stone Door Ranger station at 8 am CT For hike and carpool information, and to register, contact Gary Kimbrell at 931-215-9520 or gkimbrell@tbf.com.

Apr 13 - Savage Gulf Waterfalls, Savage Gulf State Natural Area, Altamont, TN. 14 miles. Strenuous. Highlights of this hike include six of the major waterfalls of Savage Gulf and spectacular spring wildflower displays. The hike begins at the Greeter Falls parking lot. We will see Upper and Lower Greeter Falls before descending into the gulf and taking the side trip to Ranger Falls. We will then continue along the Big Creek Gulf and Connector Trails before ascending from the gulf on the Collins Gulf Trail past Horsepound and Suter Falls. Bring snacks, water, lunch, and hiking boots. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT or at the US Bank across from McDonald's in Sparta at 7:30. For information and to register contact Richard Savage at 931-526-2035 or savage_richard@hotmail.com.

Apr 20 - Buffalo Arch, Big South Fork. 10 miles total in and out. Moderate. Includes two river crossings so bring your water shoes. Bring snacks, water, lunch, and hiking boots. You can meet us in the Penney's parking lot in Cookeville at 8 am CT. For information and to register contact Marnell Cothran at 931- 738-5874 or leron@blomand.net.

Upper Cumberland Chapter – con't

Apr 27 - Fiery Gizzard, South Cumberland Recreation Area, Tracy City, TN. This hike begins on top of the plateau within Tracy City then immediately descends into a beautiful old growth hemlock forest at the head of the gorge of Fiery Gizzard Creek. There are lots of impressive rock formations in the area. Later, the trail enters younger forest and ascends further down the creek to an overlook at Raven Point. Those wanting a shorter hike can return to the beginning via the Dog Hole Trail for a total hike of about 9 miles. The Fiery Gizzard Trail continues mostly on top of the plateau through gently rolling oak forest, reaching Foster Falls at the southern end (at about 13 miles). The trail is rated strenuous for the rocky, uneven terrain and the distance covered. Bring water, lunch, snacks, headlamp, and hiking boots. You can meet us at the Penney's parking lot in Cookeville at 7:00 am CT, or at the US Bank across from McDonald's in Sparta at 7:30 am CT. For information and to register contact Gary Kimbrell at 931-215-9520 or gkimbrell@tbf.com.

Joining TTA as a New Member? Membership Up For Renewal? Your Generosity Benefits All!

When you join or renew your Tennessee Trails membership, you have the opportunity to become a Supporting Member by donating a little (or a lot) above the regular dues.

In the past, Supporting Member donations in excess of the regular dues were allocated to TTA's general operating fund. During the 2001 Annual Meeting, TTA's Board of Directors voted to allocate Supporting Member donations to the Evan Means Small Grants Fund. Your tax-deductible Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

OFFICERS:

President	Millette Jones	615-397-9588 <i>president@tennesseetrails.org</i>
Vice-President	Carolyn Miller	931-839-3213 <i>vicepresident@tennesseetrails.org</i>
Treasurer	Ann Jacobs	615-896-3935 <i>treasurer@tennesseetrails.org</i>
Secretary	Diane Manas	615-352-7777 <i>secretary@tennesseetrails.org</i>
Past President	Don Dresser	731-668-4190 <i>pastpresident1@tennesseetrails.org</i>
Previous Past President	Rosemary Marshall	865-548-6171 <i>pastpresident2@tennesseetrails.org</i>
West TN At-Large Director	Graydon Swisher	901-737-3114 <i>westregional@tennesseetrails.org</i>
Middle TN At-Large Director	Nora Beck	615-517-6486 <i>middleregional@tennesseetrails.org</i>
East TN At-Large Director	Levonn Hubbard	931-707-1020 <i>eastregional@tennesseetrails.org</i>
Membership Director	Tim Townley	731-607-0512 <i>membership@tennesseetrails.org</i>
Cumberland Trail Conference Representative	Diane Manas	615-352-7777 <i>CTC@tennesseetrails.org</i>
TN Rails To Trails Advisory Council Representative	Bob Richards	615-532-0753 <i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
Newsletter Editor	LouAnn Partington	931-393-4835 <i>editor@tennesseetrails.org</i>

TTA 2013 CALENDAR

The following dates in 2013 refer to statewide activities that TTA as a whole participates in. Please refer to this calendar often so that you

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

SECOND QUARTER

- Apr 6-14 TDEC's Natural Areas Week (Statewide)
- Apr 20 Earth Day Observances in many areas of TN
- Apr 22 Official Earth Day – 42nd Anniversary
- May 4 Board of Directors' Quarterly Meeting (Location TBA)
- Jun 1 National Trails Day (Statewide)

THIRD QUARTER

- A
ug 3 Board of Directors' Quarterly Meeting (Location TBA)
- Sep 14-21 24th Annual Bike Ride Across TN (B.R.A.T.)
Proceeds Benefit the Cumberland Trail
- Sep 28 National Public Lands Day (Statewide)

FOURTH QUARTER

- Oct 25-27 TTA's Annual Meeting; hosted by Plateau, Soddy Daisy and Upper Cumberland chapters at Fall Creek Falls State Park (Pikeville/Spencer, TN)

Newsletter Deadlines:

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

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

Apr 13

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

Memberships are for one year, unless you have a Lifetime Membership.
Gift Memberships are also available. Contact our Membership Director,
Tim Townley 731-607-0512 membership@tennesseetrails.org

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. Please consider enhancing your commitment to Tennessee's great trails by joining the CTC.

Please list me with the following chapter:

___ Clarksville
___ Columbia/Franklin
___ Cove Lake
___ Dyer County
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tulahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ Northwest (UT at Martin/Weakley)
___ Plateau (Crossville)
___ Soddy Daisy
___ Sumner Trails (Sumner County)
___ Upper Cumberland (Sparta/Cookeville)
___ At Large

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