

# 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



## RUGBY HIKING EVENT AND BROCHURE TO HONOR ERIC WILSON

On March 15, 2014, Historic Rugby plans a day-long celebration to introduce a new "Hidden Trails, Hike Rugby!" brochure that is our memorial to late TTA charter member Eric Wilson. Hikes are planned for morning and afternoon. In between we will have lunch at the Harrow Road Café, followed by a program unveiling the new brochure and honoring Eric's contributions to hiking in our area. TTA hikers are cordially invited to join us for all or part of these activities.

Stick around for a special St. Patrick's Day Pub Night Dinner at Harrow Road Café. Join us to lift a glass in remembrance of Eric, whose birthday was St. Patrick's Day. All activities are free except for meals. For St. Patrick's Day Dinner reservations, call 423-628-2441, or 888-214-3400. Details on the website: [www.historicrugby.org](http://www.historicrugby.org).

### **Schedule (all times Eastern):**

9:30 am - If you can arrive early, plan to meet Rugby State Natural Area Manager Lisa Huff and warm up for the morning hike while spending an hour helping us "rowdy Rugbeians" remove invasive Japanese spiraea. Meet at the Café for breakfast at 8:30, or at the parking area behind the Historic Rugby Visitor Center at 9:30.

11:00 am - Meet at the Visitor Centre to begin an easy two-mile hike to the Massengale Homeplace, site of an early Appalachian farmstead that predates Rugby, then along Allerton Ridge on a trail that follows one of Rugby's old roadways. Lisa Huff will guide this hike and describe opportunities for environmental restoration on Rugby State Natural Area land. Dress for the weather with sturdy footwear, and be prepared for mud if it's been rainy.

12:30 pm – 1:30 pm - Lunch at Harrow Road Café

1:45 pm - Program and Brochure Unveiling, Johnson Theatre in Historic Rugby Visitor Centre. Jim Poteet will share images and recall how he, Eric, and Bob Hemminger discovered Rugby while exploring Cumberland Plateau hiking.

2:30 pm - Assemble on the Visitor Center porch for a moderately strenuous hike along Laurel Branch Trail to Laurel Dale Cemetery (about a mile). From there hikers will continue on the Gentlemen's Swimming Hole Trail (.4 mi.) and Meeting of the Waters Trail (2.1 mi.). Julian Bankston will lead this hike. Optionally, you can return to the village along the scenic Laurel Dale Cemetery Road (about .5 mi.). Dress for the weather with sturdy footwear, and be prepared for mud and minor stream fording if it's been rainy.

## EVAN MEANS GRANTS AWARDED

The TTA Board of Directors has allocated \$5,000 in funding to be providing by grants to the Cumberland Trail Conference, TTA Chapters and other trail organizations for programs or trail projects. Grants provide funding for trail tools or materials for trail signs, trailhead kiosks or for trail bridges.

For 2014, four grant applications were received by the Evan Means Grant Program and three grants were awarded totaling \$2,200.

- **Cumberland Trail Conference** received a \$1,000 grant for the 2014 Breakaway Trail Building Program starting in March of this year.

- **Friends of Edgar Evins State Park** received a \$600 grant for materials to build a trailhead kiosk, trail signs and a trail bridge.

- **Outdoor Encounter, Inc** received a \$600.00 grant to purchase trail maintenance tools to be used on the Alexander Trail which connects Thompson Station Town Park with the Heritage Park complex in Spring Hill, TN. The new trail tools will be used by volunteers on their monthly trail work days.

Since there are funds still available, TTA Chapters are encouraged to apply for trail project funding. If Chapter Chairs have questions about what might be eligible please contact Bob Richards at [Robert.richards@tn.gov](mailto:Robert.richards@tn.gov).



Office Location 409 Thurman Avenue, Ste 102  
 .....Crossville, TN 38555  
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 Phone: .....931-456-6259  
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 Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

Please contact the CTC office for information on volunteer opportunities.

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## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** J.R. Tate 931-920-2692  
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**OUTINGS COORDINATOR:** Paul Schwab 931-645-9068  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)

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

**MEETS MONTHLY:** 3<sup>rd</sup> 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>

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**Mar 1 - Bells Bend, Loop Trail. 2.5 miles. Easy.** Suva Bastin 931-645-2849. Meet 8: am CT, Madison Street Kmart parking lot. 39 miles to trailhead.

**Mar 8 - Stones River Greenway from Donelson YMCA Trailhead to Percy Priest Dam & back. 4.8 miles. Easy.** Paul Schwab 931-801-9484. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 45 miles to trailhead.

**Mar 15 - Cedars of Lebanon State Park, Hidden Springs Trail, 5 miles, easy, and maybe Loop Trail, 2 miles, easy.** Bob Lyon 931-648-2354. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 75 miles to trailhead.

**Mar 18 - Monthly Meeting.**

**Mar 22 - Montgomery Bell State Park, Montgomery Bell Trail. 6.2 miles. Moderate.** J.R.Tate 931-920-2692. Meet 8:00 am CT, BigLots parking area, Riverside Drive, Clarksville, TN. 34 miles to trailhead.

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CHAIR:** Marvin Caine 931-486-1632  
[columbia@tennesseetrails.org](mailto:columbia@tennesseetrails.org)  
**PROGRAM COORDINATOR:** Ellen Clark 615-595-2640  
[columbiaprog@tennesseetrails.org](mailto:columbiaprog@tennesseetrails.org)  
**HIKE COORDINATOR:** Jane Coffey 615-516-6551  
[columbiahikes@tennesseetrails.org](mailto:columbiahikes@tennesseetrails.org)

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at Fulin's Asian Cuisine, 1009 Crossings Boulevard, Spring Hill. Socializing and dinner at 6:00 pm CT; meeting starts at 7:00pm.

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**Mar 4 - Chapter Meeting.** Lou Laratta will share highlights of his March 2009 experience in the Patagonia region of South America. This talk will cover some of the history and geology of Tierra Del Fuego, Darwin's trip through the Beagle Channel, Cape Horn, and the spectacular Torres Del Paine National Park in Chile, considered to be one of the most beautiful national parks in the world. We will explore this area by expedition boat, hiking, and on horseback

**Mar 8 - Scenic Trail, Mousetail Landing State Park, Linden, TN. 3 miles. Moderate.** This 1,247 acre Tennessee Park lies immediately adjacent to the Tennessee River where a tanning factory was located during the Civil War era. When the factory caught on fire, the number of mice fleeing from the factory was so prolific the locals began calling the site Mousetail Landing. The hike yields great views of the Tennessee River and nearby hills. Bring water, sturdy hiking boots. We will meet behind McDonalds, 4908 Main Street (Hwy 31) on the north side of Spring Hill at 7:45 am CT and leave promptly at 8:00 am. The hike will begin at 9:30 am at the parking area past the Park Office. Restrooms are located at the parking lot. After the hike, we will eat a late lunch at Linden, TN which lies about 10 miles from the park. For more information and to register, please contact Tommy Haskins at [swissman10@hotmail.com](mailto:swissman10@hotmail.com) or 931-628-8600 (cell).

**Mar 22 - Swan Conservation Trust Hike and tour of "The Farm", Summertown, TN.** The Swan Conservation Trust protects Big Swan Headwaters Preserve, 1475 acres of forest, grasslands, streams, waterfalls, and seeps on the western highland rim. We will be meeting with Cynthia Rohrbach from "The Farm" to guide us on a two hour hike to explore the beauty of this area and how the Trust is working to protect this fragile habitat which is home to rare plants and teeming wildlife. Cynthia is looking for suggestions on how to protect fragile seeps that flow across trails, which are being threatened by ATVs. Following the hike we will have lunch at the Farm Store (please pack a lunch, some snacks and drinks will be available for purchase). After lunch, Cynthia will give us a tour of "The Farm", an intentional community founded in 1971. Wear clothes appropriate for the weather, water proof hiking boots if possible as we will be crossing streams, a packed lunch, water, and a change of clothes if desired. We will meet behind the McDonald's, 4908 Main St. (Hwy 31) in Spring Hill at 8:00 am CT and car pool from there. Please register with Ellen Clark at [FRCclark@aol.com](mailto:FRCclark@aol.com) or 615-482-3605

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## COVE LAKE HIKING CHAPTER

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This chapter is in the process of being reorganized.

For further information, contact Levonn Hubbard at 931-707-1020 or [eastregional@tennesseetrails.org](mailto:eastregional@tennesseetrails.org). In the interim, you are welcome to attend (13 to select from) other chapters' outings, events and meetings.

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### CUMBERLAND TRAIL STATE SCENIC TRAIL

#### EVERYDAY IS VOLUNTEER DAY IN MARCH

During the month of March volunteers are welcomed to join the Cumberland Trail State Trail Crew any day of the week to construct the Cumberland Trail State Scenic Trail. We will be working to complete an access trail to the ridge on the Cumberland Mountain Segment in Campbell County. Volunteers will meet at the Cumberland Trail park office at 9:00 am for an orientation/safety meeting. We will drive to the trail head, hike to the worksite and return to the park office by 4:30 pm. You must bring lunch & water since this is manual work and you will be out most of the day. You will also need to wear long pants, dress in layers, have a sleeve & rain jacket, gloves and closed toe shoes, no sandals. The park will supply all tools and gloves if needed. Camping is available at Cove Lake State Park for participants wanting to work multiple days. \* *You must pre-register by contacting the Cumberland Trail office to know when you are volunteering.*

Directions: From Knoxville take I-75 north to Exit#134. Turn right on 25W and past red light. Drive 0.7 miles to first left located just past the Cove Lake State Park Office. Take Park Road and drive 0.2 miles. Cumberland Trail Office is house on the right.

#### STATE PARKS SPRING HIKE Saturday March 22

Join State Parks Trails Administrator Mark Stanfill as he leads a hike on the Cumberland Trail State Scenic Trail within Frozen Head State Park. On this moderate six mile hike we will see unique rock formations and overlooks on this ridge trail. We will meet at Frozen Head State Park at 10:00 am ET. You must register by contacting the park office for additional details.

JOIN US ON FACEBOOK! Want to keep up with all our activities. Friend us at Cumberland Trail State Scenic Trail.

For more information and to register to volunteer or for hikes contact:

Mark Stanfill, State Parks Trails Administrator  
Cumberland Trail State Scenic Trail  
Office (423) 566-2229  
Cell (615) 574-5176  
[mark.stanfill@tn.gov](mailto:mark.stanfill@tn.gov)

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## DYER COUNTY CHAPTER

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This chapter is in the process of being reorganized.

For further information, contact Graydon Swisher at 901-737-3114 or [westregional@tennesseetrails.org](mailto:westregional@tennesseetrails.org). In the interim, you are welcome to attend (13 to select from) other chapters' outings, events and meetings.

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### EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-951-8317  
[easttennessee@tennesseetrails.org](mailto:easttennessee@tennesseetrails.org)  
VICE-CHAIR: Elise Eustace 865-201-5806  
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**Mar 1 - Bald River Falls Trail. 10 miles. Moderate due to length.** This is an in and out hike. The trail begins in the parking area to the left of the Bald River Falls near Tellico Plains. The portion leading up to the picnic area at the top of the Falls is paved and well constructed. Once you reach the top of the ridge, the trail levels out and follows the river. Shortly before the turnaround point there is a small waterfall/large cascade, a nice place for lunch. The total elevation gain is about 500 feet, a gentle hike. We will stop for pizza at Tellico Grains if we finish in time. Wear sturdy boots and bring water, snacks and money for carpooling and lunch. For more information and to register contact Garnett Rush at 615-210-0660 or e-mail [rushga01@yahoo.com](mailto:rushga01@yahoo.com).

**Mar 15 - Piney River Trail near Spring City. 8 miles. Moderate to easy.** At times the path follows an old narrow-gauge railroad line for easy walking. The trail runs alongside the Piney River and we'll enjoy several nifty bridges along the way. There are waterfalls, gorgeous river views and old growth forest. There could be some early wildflowers. We should meet at the McDonalds in Spring City at 9:00 am ET. A shuttle will be provided. Pre-register with Rosie at [rosemary\\_L@hotmail.com](mailto:rosemary_L@hotmail.com) or 865-951-8317.

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## HIGHLAND RIM CHAPTER

### (Coffee and Franklin Counties)

**CHAPTER CO-CHAIRS:** Linda Hudson 931-841-0540  
Naullain Kendrick 931-224-6225  
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**TREASURER/MEMBERSHIP:** Marietta Poteet 931-924-7666  
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**OUTINGS & PROGRAM COORDINATOR & NEWSLETTER CONTACT:** Joan Hartvigsen 931-962-0811  
*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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**Mar 1 – Sunset Rock Loop, Point Park, Lookout Mountain, Chattanooga. 4.8 mile loop. Moderate.** 820 ft. elevation change, entrance fee. This hike features Civil War history, interesting geologic forms and 180 degree panoramic views from the sandstone promontory Sunset Rock. Moccasin Bend of the Tennessee River is clearly outlined from views along the hike. Bring water, snacks, lunch and hiking poles and wear sturdy hiking boots. We will meet at the Monteagle Elementary School at 8:00 am CT to arrange a carpool. Register with our hike leader, Naullain Kendrick at *naullain@hotmail.com* or 931-224-6225.

**Mar 8 – Cumberland Trail, Prentice Cooper State Forest, “Lawsons Rock There and Back” Hike. 6.6 miles. Moderate.** West of Chattanooga. We begin our hike at the Cumberland Trail trailhead parking lot on Tower Drive in Prentice Cooper State Forest and hike 3.3 miles to the outcrop of Lawsons Rock. Here we will enjoy awesome views of the Tennessee River Gorge, Edwards Point, Raccoon Mountain and the confluence of Suck Creek with the Tennessee River. Poplar Spring back-country campsite is located near Lawsons Rock for those who wish to stay overnight. The Day Trippers will return to the Tower Drive Trailhead parking lot. Along the way to Lawsons Rock we will see fascinating geology including a narrow passage between two giant boulders, Indian Rock House (a huge overhang), and rock bluffs. And the spectacular Tennessee River Gorge is continually visible through the trees! On this hike we will enjoy breathtaking views of the Tennessee River making a 180 degree bend around Raccoon Mountain. Bring water, snacks, lunch, hiking boots and hiking sticks. Contact Joan Hartvigsen at 931-962-0811 or email *jhartvigs@comcast.net* to register and for carpool information.

### Highland Rim Chapter – con’t

**Mar 15 – Eat-Hike-Eat Hike, Beckwith’s Point Trail, Piney Point Trail, Shakerag Hollow Trail, Sewanee, TN. 4 mile loop. Moderate.** Meet our hike leader Sally Hubbard at 9:00 am CT at Blue Chair Restaurant in Sewanee for breakfast or 9:30 am if you just want to hike. We will begin our hike at Green’s View and hike along Beckwith’s Point Trail to Piney Point Trail. We will visit the overlook, Piney Point, where we can see all the way to Woods Reservoir. Then we will return to Green’s View by way of Shakerag Hollow Trail which is famous for its spring wildflowers. Bring water, snacks and hiking poles and wear sturdy hiking boots. We will be climbing up very steep rock steps to return to Green’s View. Let Sally know you are coming: *sally@hubbard.net* or 931-598-5338.

**Mar 22 – Horsepound Falls Hike, Collins West, Savage Gulf State Natural Area, Gruetli-Laager, TN. 5 miles out and back. Difficult.** Marietta Poteet will lead us on this beautiful hike along the Collins Gulf Trail to two beautiful waterfalls, Suter Falls and Horsepound Falls, which will be spectacular because of the heavy rainfall. Wildflowers should be plentiful along this trail in late March. Although the hike is not long, there is a difficult stretch of the trail in which there is a steep descent to Suter Falls, then some rock hopping descending down to the Collins River. Please have good hiking boots, hiking poles, water, snacks and lunch as we will eat at Horsepound Falls. Call Marietta at 931-467-8087 or email her at *nannietta@blomand.net*.

**Mar 24 – Chapter Meeting.** We will have dinner at Red Lobster Restaurant, 1947 N. Jackson St. Tullahoma, TN at 5:00 pm CT. Our meeting is 7:00 pm at D. W. Wilson Community Center. Carolyn Fitz will present a program on her recent trip along the Washington Coast.

**Mar 29 – Short Springs State Natural Area Work Day, Tullahoma, TN.** Meet Wally Bigbee at 9:00 am CT at the Short Springs State Natural Area parking lot. Everyone should bring a day pack for gear, water, snacks and work gloves. Let Wally know you plan to help by email *bigb@blomand.net* or call 931-473-5968 (home). The tasks are: (1)Walk the trails and remove trash and limbs. Bring sacks for trash. (2)Cut downed trees on Laurel and Machine Falls Trails. Bring chain saws and safety gear. Two teams of one chain saw each and two or three people to assist. (3)Remove roots on upslope of MFT from Machine Falls Gorge toward Adams Falls Trail. Bring mattocks and rakes. Need three or four people. (4)Clean debris out of water bars on MFT approach to the steep slope. Need a mattock, pick, hoe or shovel. Need two or three people. We will finish at 12 Noon.

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## JACKSON CHAPTER

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

**TREASURER:** Anne Goodson 664-1556  
*jacksontreas@tennesseetrails.org*

**SECRETARY:** Don Dresser 731-668-4190  
*jacksonsecy@tennesseetrails.org*

**OUTINGS COORDINATOR:** Glen Rognstad 731-217-5966  
*jacksonhikes@tennesseetrails.org*

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

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

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**Mar 1 - Cane Creek Canyon Nature Preserve, Tuscumbia, AL.** We will do two hikes – short and long. The short hike will be 5+ miles to the end of Devils Hollow and takes in the “Under Bluff” trail- this is the one section of trail you don’t want to miss. The alternative long hike at 8+ miles will also include a trek into the deep recesses of Deloney Hollow in the north addition of the preserve. The main canyon and the many tributary canyons were carved by water cutting down through a resistant sandstone layer to form the many waterfalls, rock shelters, and giant boulders. The canyon includes rare wildflowers, wild streams, box canyons, and sandstone bluffs. We will leave Jackson at 8:00 am CT from Panera Bread and meet at Cane Creek Preserve, 251 Loop Rd, Tuscumbia, AL 35674 at 11:00 am to begin the hike. Plan is to eat dinner afterwards in Sheffield, AL at Ichiban Japanese Restaurant. For more information and directions contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com*.

**Mar 8 - Natchez Trace State Park Service Project.** We will continue our construction projects along the Red Leaves Trail. Please contact Dick McKeen if you plan on coming to get the latest schedule. He can be reached at *sprucemountain@Eplus.net* or 720 469-0619.

**Mar 29 - Wildflower Hike & Bluebell Island, Sewanee, TN.** The main purpose of this hiking trip is to see one of the most awesome showings of early spring wildflowers in Tennessee. Morning hike through Shakerag Hollow with lunch in Sewanee, and then an afternoon trip to Bluebell Island. **Shakerag Hollow, moderate 2+ mile one-way** (steep in spots) with stops to view the wildflowers. The closer you look, the more beauty you will find. **Or 5+ miles total with hike to Piney Point and Beckwith Loop.** Built in the 1930’s by Civilian Conservation Corp the trail wanders among boulders and big old growth trees along the side of the mountain with an amazing showing of wildflowers.

## Jackson Chapter – Mar 29 hike information – con’t

**Bluebell Island.** Convoy to parking area after lunch in Sewanee. Trail is relatively short at about 1 mile. To get onto the island requires the crossing of a stream by way of a large fallen tree. It’s not really that hard, (a few long walking sticks to hang onto) and everyone should make it with no problems. Bluebell Island boasts a unique concentration of literally thousands of Bluebells - a must see once in your life. We will leave Jackson at 6:00 am CT and meet at Blue Chair Bakery and Coffee House in Sewanee at 9:30 am. I will be staying overnight at the Super 8 in Monteagle, TN. We will do more hiking on Sunday to Sycamore Falls on the Fiery Gizzard Trail with lunch at the Dutch Maid Bakery in Tracy City. For more information contact Glen Rognstad at 731-217-5966 or *glenrognstad@gmail.com*.

### Planning Ahead:

**Apr 12 - Natchez Trace SP Red Leaves Trail**

**Apr 26 - Big Hill Pond**

**May 10 - Camping trip to the Smokies**

**Jun 7 - National Trails Day**

**Jun 21 - Cummins Fall State Park (hike and swim)**

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## LEAVE NO TRACE PRINCIPLES

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

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## MEMPHIS CHAPTER

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

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**Mar 1 - Horse & Hike Trail near Poplar Lake Meeman-Shelby Forest.** Join us for an easy to moderate 6-mile equestrian/hiker loop trail (Shelby Forest newest trail). Meet at the parking lot near the stables at 9:00 am CT. The stables are located on the north side of Poplar Tree Lake in the vicinity of the Nature Center. Follow signs directing to Horse Trail and drive slowly looking for a gated road leading down a hill. This will take you to the stables. Poplar Tree Lake is on the south end of Shelby Forrest. From Memphis, one should use south entrances to the park, such as the entrance off Benjestown Rd. Bring water and snacks. For additional information contact *spikie542003@yahoo.com*.

**Mar 8 - Mousetail Landing State Park, Parsons, TN.** Meet at 9:30 am CT at Mousetail Landing Park Visitor Center. This 8-mile trail is rated moderate with some steep and rugged hills. We will eat lunch at a shelter on a bluff overlooking the Tennessee River. Rain will cancel hike. For more information contact: Gloria Folk at 901-277-5756 or Darrel Blain, *drbweb@comcast.net*. Directions: Take I-40 to Exit 126, south on Hwy 69 14 miles to Parson, TN. Travel east on Hwy 412 for 6 miles and cross the Tennessee River. Take a left on Hwy 438, travel 2.5 miles. The park entrance is on the left. Drive about a mile to at the park visitor center parking lot.

**Mar 15 – Bird Walk, Meeman-Shelby Forest.** Meet at 7:45 am CT at the Poplar Tree Lake Parking Lot. Bring binoculars, bird identification guide and notebook if you have them. This walk is less than a mile. We will be back in time for TTA hike at 9:00 am. Contact Kate Gooch, 901-458-9874 or Kay Lait, 901-527- 5555. Directions to Poplar Lake Parking Lot: From the 4-way stop at the General Store go straight on Benjestown Road 1.6 miles (do not turn Right on Bluff Road toward the Park Entrance and Visitor's Center) and turn right into the south entrance of the park. Take this road straight for 1.7 miles to a stop sign. Turn left and you will see the picnic area and parking lot on your right.

### Memphis Chapter – con't.

**Mar 15 – Chickasaw Bluff Trail, Meeman-Shelby Forest. 6-7 miles. Moderate.** We will meet at 9:00 am. at the Poplar Tree Lake parking lot (Not the Visitor's Center—see directions above). From Poplar Tree Lake we will make a rather long shuttle to the north end of the Chickasaw Bluff Trail. The trail starts at the top of the bluff then drops quickly down about 150 feet to the flood plain. The next few miles are quite level. We'll cross a bridge over Beaver Creek, climb back up the bluff to the Woodland Shelter at about 3.75 miles and stop for a break. The second half of the trip has a few hills, but much of it is flat. We'll pass the historic Pioneer Spring and finish back at Poplar Tree Lake. Bring water and snack/lunch. Boots are suggested. The hike will take about 4-5 hours including the shuttles. Contact Ted Barham, 901-756-9683.

**Mar 22 - Wolf River Trail North of Walnut Grove, Lucius Burch Natural Area.** Join us for a loop hike - relatively flat, approximately 6 miles - along the Wolf River and through a hardwood forest. Bring water and wear comfortable shoes. We will meet at 9:00 am CT in the parking lot off Walnut Grove Road just east of Wolf River Bridge. Turn south into parking lot off Walnut Grove Road, west of Farm Road. Contact Janet at 901-761-0705 or Marion at 256-273-9720 for information.

**Mar 29 - Big Hill Pond State Park.** To carpool meet at the parking lot next to the First Tennessee at the intersection of Germantown Parkway and Poplar at 7:45 am CT. I will be there wearing my orange hat. We plan to meet at the McNatt Lake Dam (not the boat ramp) at 9:30 am. The map from Germantown Parkway and Poplar to the starting point of the hike can be found at <http://goo.gl/maps/JZe4G>. We will hike the Turkey Trot Trail (four miles) and/or the Big Hill Pond Trail (six miles) based on the feelings of the group. It has been many years since we hiked these trails. All trails at BHP are moderate with some hills. Boots are suggested. Lunch and/or snacks and water are needed. I was told by G.G. (a member of the staff for as long as I have been going to BHP) that these trails are not used very much and need some work. I intend to bring a hand saw, leather work gloves, and other hand tools to share with others. Please bring your tools and gloves if you want to. This will **not** be a serious trail cleaning, just a casual effort. Maintenance activity is optional. For questions and comments you can contact me at *charlie.bright2010@gmail.com*.

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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*

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

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

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

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**Mar 1 - Day Loop-Volunteer Trail at Long Hunter State Park. 4 miles. Easy.** This hike penetrates a mature oak and hickory forest, threading through rocky cedar woods and then crests at craggy bluffs above Percy Priest Lake. There is even a chance of seeing some early spring wild flowers. Meet at the Broad Street Park and Ride at 9:00 am. For more information contact Roy Duncan at *royduncan1959@yahoo.com* or call 615-848 5454.

**Mar 8 – Rock Creek Section of the Cumberland Trail. 8 miles. Moderate.** We will hike from the Retro Hughes trailhead to the Lower Leggett Road trailhead in Sale Creek. Along the way, we will pass the Rock Creek campsite and enjoy views from the Rock Creek and Leggett Point overlooks. For those of you who want to “section hike” the CT, this is a great opportunity to experience one of the most diverse sections of the trail. This will be an **all day** adventure, so pack lunch, water, snacks and wear sturdy hiking boots. For more information or to register contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*.

**Mar 11 – Monthly Meeting.** Please join Ranger Josh Waggener - a local MTSU graduate currently completing his MA in History at Old Stone Fort State Park in Manchester TN. He will be sharing information you may not know about this popular hiking spot, which our chapter has enjoyed many times. Come and listen as he reveals many of the jewels that make this park so enticing. Find out why this site was constructed, the prehistoric history, and the current amenities and hikes that abound at this beautiful park with gorgeous views of small water cascades.

**Mar 15 - Savage Gulf State Natural Area, Beersheba Springs, TN. 8.5 miles. Moderate for length.** We will begin our hike at the Stone Door Ranger Station, then walk 1.5 miles to The Great Stone Door, where we will take in magnificent views of the gorge. *(You may take the steps to the bottom as a side, but we will not be going that way so you will have to come back up)*. From there, we will take the Big Creek Rim along the ridge of the gorge. We will be passing breathtaking overlooks along the 4 miles to the Alum Campsite, where we will take a nice lunch break. After lunch, we will proceed through the woods along the Laurel Trail, and hike just under 3 miles to the Laurel Falls and the Ranger Station. While the hike is just over 8 miles, it is VERY EASY walking. The moderate rating is due to length. Bring a lunch, snacks, plenty of water, a wonderful attitude, a camera and enjoy this beautiful creation. For information or to register contact Tony Jones at 615-397-4463 OR *awj1968@comcast.net*.

## Murfreesboro Chapter – con't.

**Mar 22 - Short Springs State Natural Area, Tullahoma, TN. 4 miles. Moderate.** This hike will be in two parts. First we will start from the Short Springs trail head and hike to the beautiful Machine Falls. We will linger at the falls for a while to take pictures and then proceed back to the trail head for a total of 4 miles. **PLEASE NOTE:** This hike is rated moderate due to rocky elevation changes and the "off trail" traverse to the falls, so please be aware and bring a pole and good sturdy boots. We will then drive a very short distance to nearby Rutledge Falls, which is located on private property, but the owners have graciously allowed visitors to the falls area. There is no hiking involved here as the falls are located in the "back yard" of the home. We will go as a group for an optional lunch at a nearby eatery after the hike. For information or to register contact Tony Jones at 615-397-4463 or *awj1968@comcast.net*.

**Mar 29 - Foster Falls Area Hike, South Cumberland State Park, Tracy City, TN. 4.5 mile loop. Moderate.** 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.

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### 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.

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## NASHVILLE CHAPTER

**CHAPTER CHAIR:** Doug Burroughs 615-283-0507  
[nashville@tennesseetrails.org](mailto:nashville@tennesseetrails.org)

**OUTINGS COORDINATOR:** Nancy Juodenas 615-319-8811  
[nashvillehikes@tennesseetrails.org](mailto: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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**Mar 9 - Laurel-Snow Pocket Wilderness, Dayton, TN. 10.8 miles. Moderate to strenuous.** This hike traces a section of the Cumberland Trail State Scenic Trail and visits Snow Falls, a 35-foot waterfall that tumbles down rocky ledges into a narrow gorge. We begin the hike with a 0.8-mile out-and-back that follows a dirt road to one of the area's lesser-known features: coke ovens from the coal mining era. After visiting the coke ovens, we will return to the parking lot and hike north along a former rail line that parallels Richland Creek. After 2.5 miles, we cross a steel bridge over Laurel Creek, then turn left at a T-junction, heading north. The trail on the right leads to Laurel Falls, which is not included in this trip unless time and energy allow or unless the falls are calling too loudly to resist. From here, the route drops to Henderson Creek, then ascends the walls of the gorge on a series of switchbacks. At the top of the climb, turn left for a side trip to Buzzard Point (mile 4.6) before continuing north another mile to Dunn Overlook. Past Dunn Overlook, we follow the trail 0.6 mile to the top of Snow Falls. spend some time at this picturesque waterfall, then turn around and retrace our path to the parking lot. We will meet at Fed-Ex / Kinko's on Donelson Pike by the airport at 7:00 am CT. Take exit 216C then go to 540 Donelson Pike, Nashville, TN 37214. Contact Kathie and Karl Dupre 615-207-2250.

**Mar 15 - Shelby Bottoms, Nashville, TN. 5.5 miles. Easy.** We'll meet at the Shelby Bottoms Nature Center. This hike has practically no elevation change so it's easy if you're just getting started with hiking. We'll take the paved trail to the pedestrian bridge, then return by way of the grass trail. Muddy conditions can alter our return route as places on the grass trails can be real boot-suckers after a rain. Spring migration will be under way, so bring along your binoculars - you'll appreciate them on the pedestrian bridge as well. You'll need comfortable shoes, water, and snacks/lunch; there's a good place to stop at the western end of the pedestrian bridge, or we can cross the bridge to Two Rivers Park before we start our return walk. Contact Nora Beck at 615-517-6486 or [norellibee@gmail.com](mailto:norellibee@gmail.com) for more information and to register.

### Nashville Chapter – con't.

**Mar 16 - Bells Bend Park, Nashville TN. 7 miles. Easy.** Bells Bend Outdoor Center is surrounded by over 7 miles of wonderful trails. We will travel several of them on this large loop around the park. This will be an early spring hike – we could see some wildflowers and some migrating birds! Bring binoculars and guide books if you have them, as well as the usual sturdy shoes or boots, plenty of water, snacks, and clothing appropriate for the weather. We will also have the option of heading for a slightly late lunch somewhere on White Bridge Road after the hike. Call Doug Burroughs at 615-283-0507 for more information and to register. Meet at Target parking lot on Whitebridge Road at 9:00 am CT. We should be back at Target by 1:00 PM; Longer for those joining us for a late lunch.

**Mar 25 – Chapter Meeting.** Isle Royale National Park has a Michigan address, but it lies closer to the Minnesota shore of Lake Superior. It is home to moose and wolf, and the site of perhaps one of the oldest lava flows on the planet. Its scenic beauty is both natural and man-made, including picturesque lighthouses and cabins. It is the setting for Nevada Barr's Winter Study and for Rick Lausten's hiking adventure last year. Rick, who's a member of the Columbia-Franklin chapter, will be describing trails and scenes of Isle Royale at our meeting. Bring a friend and prepare to be inspired.

**Mar 30 - Collins Gulf Loop Trail, Gruetli-Laager, TN. 12 plus miles. Strenuous.** This hike is rated difficult due to the distance, terrain, and elevation changes. We hike along the west rim of Collins Gulf and down the Old Stagecoach Road to Sawmill campground, then back up the east side, passing Horsepound Falls and Suter Falls back to the start. Be sure to bring lunch, water, good hiking boots, and clothing appropriate to the weather. For experienced hikers only. Call Doug Burroughs at 615-283-0507 for more information and to register. Meet at Exit 62 off of I-24 at the Truck Stops of America parking lot at 7:00 am CT. Should be at trailhead around 9:00 am CT.

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***Each month TTA offers opportunities to volunteer – be it leading hikes, organizing events, fundraising, leadership on the Board – if you've never volunteered to help before, how about it in 2014?***



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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

Hike information unavailable at press time.

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### Vital Liquid

Pure water is vital to health. Our bodies cannot store water, so we must drink constantly. The need for water is driven by temperature, metabolism and work. Our bodies perspire to control the body's core temperature during exercise, such as hiking. Water is also needed by the body for breaking down and metabolizing our food intake. Even while resting, we can lose 4 pints (2 liters) of water per day just through normal perspiration, urination and breathing.

Hiking is a strenuous activity, and adequate hydration is crucial for optimal performance and health.

How much water to drink? Drink frequently, between 1 to 2 cups of water per hour and before you feel thirsty, to avoid dehydration. (A good sign that you've drunk enough water - clear urine! Cloudy or colored urine indicates the need to drink more.) You can be slightly dehydrated and not feel thirsty. The signs and symptoms of dehydration may include fatigue, flushed skin, headache, dizziness, chest pain, irritability, feeling tired, and cramps. Extreme cases of dehydration could lead to death.

If you've run out of water, and as long as you're close to a water source, most water can be made fit to drink. Never assume the water source to be safe - even if the water is fast flowing, crystal clear and cold. How you purify your water is a matter of preference; however, some methods are safer than others.

One of the most reliable methods of purifying your water is to boil it. This requires a heat source and a container to boil the water - items not common to a day hiker's backpack. Another effective treatment is to use purification tablets (iodine). They are lightweight and easy to use. One pill purifies one quart of water in about 10 minutes. A drawback to iodine tablets is the bad taste it leaves in the water. However, neutralizer tablets placed into the water after the purification process will eliminate the iodine aftertaste. Finally, there are filters. Water is hand pumped through a narrow intake hose, where it passes into a filter assembly for purification, then exits ready to drink. Filters don't leave a bad aftertaste, weigh as little as ¾ of a pound, are easy to use and remove a wide range of contaminants; both organic and inorganic.

For a day hike you may not need to consider utilizing any of the above water treatment processes - just be sure you have plenty of water for the hike, and enough to get you back into civilization.

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## PLATEAU CHAPTER (Crossville)

**CHAPTER CHAIR:** Cheryl Heckler 931-456-6437  
*plateau@tennesseetrails.org*  
**TREASURER:** June Parker 615-945-7462  
Bill Quattrociocchi 931-484-4230  
*plateautreas@tennesseetrails.org*  
**MEETS MONTHLY:** 2nd Thursday at 6:30 pm CT  
**BLOG:** [www.tennesseetrails.org/blog/plateau](http://www.tennesseetrails.org/blog/plateau)

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

### Mar 1 - O&W bridge, Devil's Den, Eye of the Needle.

There are two options for this hike. The entire hike is around 9 to 10 miles. The hike begins at Leatherwood Ford Parking Area and traverses to the O&W Bridge. After the bridge, there is some elevation gain to Devil's Den (a large rock shelter), and then on to Eye of the Needle. The latter is a cave-like rock shelter that contains a low stone arch, a ladder down to a lower level, and a "window" through the rear wall. It is probably the most unique feature in Big South Fork. Unfortunately we must traverse deeply eroded, and usually muddy, horse trails from Devil's Den to Eye of the Needle. It is suggested that Eye of the Needle be undertaken by seasoned hikers only.

**Shorter hike:** Those who wish may turn around at Devil's Den and return to the Leatherwood Ford Parking Area for an easy to moderate 6 mile hike. Bring snacks, water, lunch, and hiking boots. Depart at 8 am CT from Cracker Barrel off I-40 Crossville Exit 317. Contact Curt Thomas at [curtethomas@frontiernet.net](mailto:curtethomas@frontiernet.net) or 931-260-2140 to register or for additional information.

**Mar 13 - Chapter Meeting.** 6:00 pm CT. In place of a program this will be a dinner meeting held in the back room at Vegas Steakhouse & Lounge, 3152 N Main St, Crossville. Contact Chapter Chair, Cheryl Heckler at [thehecklers@charter.net](mailto:thehecklers@charter.net) or 931-456-6437 for additional information.

### Mar 22 - Bearwaller Gap, Cordell Hull Lake, Carthage.

**6.5 miles. Moderate to difficult because of side-sloping trails.** Cordell Hull Lake is fortunate to offer the Bearwallow/waller Gap Trail, widely recognized as one of the best hiking trails in Middle Tennessee. The trail offers panoramic overlook views of the lake; many diverse species of wildflowers (in season) and native wildlife; and breathtaking scenery. The secluded trail runs between the Overlook Recreation Area (Tater Knob) and Defeated Creek Campground and will require a car shuttle. There are a few stream crossings, one of which may require water shoes. Bring lunch, snacks and water. Sturdy hiking shoes are highly recommended. Depart at 8 am CT from Cracker Barrel off I-40 at Crossville Exit 317. The plan is to meet Don Taylor at Tater Knob and then proceed to Defeated Creek Campground to start the hike. Call Don Taylor at 615-973-1814 or email [donaldctaylor@tds.net](mailto:donaldctaylor@tds.net) to register.

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## SODDY-DAISY CHAPTER

**CHAPTER CO-CHAIRS:** Ed & Donna Pyers 423-344-9271

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

**HIKE COORDINATOR:** George Bonneau 423-842-3619

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

**TREASURER:** Bob McGavock 423-843-4646

[soddydaisytreas@tennesseetrails.org](mailto: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>

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**Mar 1 – Lula Lake. Approximately 4 miles. Moderate.**

Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike Leader: George R. Bonneau 423-842-3619. Mileage: 40 miles RT.

**Mar 4 – Camp Jordan to Shallowford Road. Approximately 5 miles. Easy.**

Meet at Target parking lot on Hwy 153 at 9 am ET. Hike Leader: Dale Emblade 423-332-4810. Mileage: 24 miles RT.

**Mar 8 – Cumberland State Park. Approximately 8 miles. Slightly strenuous.**

Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike Leader: George R. Bonneau 423-842-3619. Mileage: 100 miles RT.

**Mar 11 - Raccoon Mountain. Approximately 4-5 miles.**

**Easy to moderate.** Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike Leader: Bob McGavock 423-843-4646. Mileage: 30 miles RT.

**Mar 15 – Snow Falls. Approximately 11 miles.**

**Strenuous.** Meet at Durham Street parking lot in Soddy Daisy at 9 am ET. Hike Leader: John Politte 423-332-7189. Mileage: 40 miles RT.

**Mar 18 – Stringer's Ridge. Approximately 4 miles.**

**Easy to moderate.** Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike Leader: George R. Bonneau 423-842-3619. Mileage: 10 miles RT.

**Mar 22 – Prentice Cooper at Mullins cove Loop.**

**Approximately 10 miles. Strenuous.** Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike Leader: George R. Bonneau 423-842-3619. Mileage: 30 miles RT.

**Mar 25 – Greenway Farms. Approximately 4 miles.**

**Moderate.** Meet at parking lot across from the dog park at 9 am ET. Hike Leader: Dale Emblade 423-332-4810.

**Mar 29 - Reflection Riding. Approximately 4-5 miles.**

**Easy to moderate.** Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike Leader: George R. Bonneau 423-842-3619. Mileage: 20 miles RT.

*It's important to remember that early spring weather can turn suddenly cold. The following article can be cut out and put in your pack to remind you of emergency hypothermia care.*

## AVOIDING HYPOTHERMIA

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

### Early Symptoms:

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

### Prevention:

Clothing. Put on layers of clothes to insulate warmth against your body. A number of thinner layers of clothing will allow you to regulate your body temperature as you exercise. And since it's as important not to get over-heated, as it is to be warm, the fabric should be loosely woven to allow water vapor from your skin to escape. Polypropylene and wool are the best materials for under layers. Outer layers may need to be water and/or windproof. You can lose up to 50% of your body heat through your head and hands, so wear a loose woolen/fleece cap and mittens.

- Eat high-energy foods frequently and drink plenty of fluids.

Avoid heavy physical exercise in extreme cold. It can lead to heat loss, depletion of body fluids, and fatigue - all contributing factors to hypothermia.

Stay warm, but avoid heavy sweating, which will evaporate and overly cool the skin and body.

In bad weather, find protection from the wind and elements.

### Treatment for Mild Hypothermia:

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

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

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## SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Jane Hamm 615-757-3331  
Gayle Livingston 615-264-2940  
[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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**Mar 1 - Stone's River Greenway West, Nashville. 3.4 miles. Moderate.** This hike has two of everything - two schools - two golf courses - and how many trails do you know that feature a wave pool and a department store? Well, this one does! This greenway is paved so you won't need your boots. Dress for the weather and meet at First Presbyterian Church in Hendersonville at 9 am CT or at the Wave Pool off Briley Parkway at 10:00 am CT. We'll drop a car at the Kohl's trailhead to bring the drivers back to the Wave Pool - then we'll go to lunch at McNamara's Irish Pub in Donelson. For further info contact River Rat Al at [Ballallenger@aol.com](mailto:Ballallenger@aol.com) or 615-347-2623.

**Mar 4 - Chapter Meeting.** Rick Lausten of the Columbia-Franklin Chapter of TTA will present a slide show of his 4-day, 3-night kayak trip in the Apostle Islands in Wisconsin. The Apostle Islands are located just off Bayfield Peninsula in Lake Superior. The islands form a National Lakeshore and are administered by the US National Park Service. The Apostle Islands were "discovered" by the French in 1659, but Ojibway Indians were there first, perhaps as early as 1400. The defining feature of the Apostle Islands is the many caves that lie along the shoreline and are explorable by kayak.

**Mar 12 - White House Greenway. 4 miles. Easy.** This is a paved greenway; boots not required. We will begin our hike at the White House High School trailhead located at 508 Tyree Springs Rd. The trail will take us along Honey Run Creek where we will encounter beautiful trees and wildlife. We'll hike to the 31W trailhead, then return to the high school. Afterwards, we will eat lunch at a local restaurant. Meet at First Presbyterian Church, Hendersonville at 9:00 am CT or at the White House High School trailhead at 9:45 am CT. Please let your hike leaders know if you plan to meet at White House High School trailhead. Contact hike leaders Jane Hamm at [janetntrails@gmail.com](mailto:janetntrails@gmail.com) or 615-757-3331 or Gayle Livingston at [gayleerose@comcast.net](mailto:gayleerose@comcast.net) or 615-264-2940 for more information or to confirm hike if threatening weather.

### Sumner Trails Chapter – con't.

**Mar 22 - Port Royal State Historic Park Overlook and River Bottom Trails and Dunbar Cave State Park Recovery Trail, Clarksville. 3 miles. Easy to moderate.** We'll meet at the Port Royal State Park Visitors Center and start our hike with the Overlook Trail along the top of the bluff that overlooks the Red River and will circle down by the river and back toward our beginning. We will then hike up to Port Royal's Old Main Street and across the old bridge constructed about 1890. From there, we will move to the easy River Bottom Trail that consists of part of the original Trail of Tears. We'll then drive about 12 miles to Dunbar State natural Area and hike the Recovery Trail, rated moderate due to an uphill climb. We will end the hike with a visit to the historic Dunbar Cave entrance and the site of the old dance floor where big bands like Benny Goodman and Tommy Dorsey played, then walk along the lake back to the visitor's center. Following the hike, we will enjoy a late lunch at a local restaurant. Bring water and snacks; hiking poles and sturdy hiking shoes or boots are recommended for surer footing on a narrow part of one trail and for the uphill climb at Dunbar Cave. We will meet at 9:00 am CT in the Kroger parking lot (Glenbrook Shopping Center, Hendersonville) or at 10:15 at the Visitors Center at Port Royal State Park. Call 615-403-0002 or email [Judy\\_Jenkins@comcast.net](mailto:Judy_Jenkins@comcast.net) for more information. Please let hike leaders Ron and Judy know if you will be meeting them at Port Royal and call to confirm the hike if threatening weather.

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## 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.*

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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: Kathleen Sullivan 931-284-7822  
[uppercumberlandhikes@tennesseetrails.org](mailto:uppercumberlandhikes@tennesseetrails.org)

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**Mar 1 - Ramsey Cascades, Great Smoky Mountain National Park. 8 miles. Strenuous.** The Cascades is the highest waterfall in the park and the water drops 100 ft. From the trailhead you will gain 2,000 ft to the falls in four miles. The trail follows rushing rivers and stream most of the way. The last two miles pass through old growth cove hardwood forest with large tuliptrees, basswood, silverbells and yellow birches. Bring water, snacks, lunch, and wear sturdy hiking boots. We will leave J.C. Penny's parking lot in Cookeville at 7 am CT. For information and to register contact Pete Broehl at 931-738-3551 or [pbroehl@blomand.net](mailto:pbroehl@blomand.net).

**Mar 8 - Fiery Gizzard.** We will hike from the beautiful Foster Falls at the southern end of the plateau. Expect a relatively pleasant hike for several miles in the beginning if we opt to stay on top of the plateau. If the group chooses to hike down to the falls and up Climbers Loop 2 trail, it will include strenuous terrain and steep ascents. We will then visit Anderson Falls and Ravens Point. We may lunch at either site, as both are glorious. Shortly after this point the group will have an option to take the strenuous route via the Dog Hole Trail, which includes rock hopping, or taking a shorter and easier descent to the parking area. This is a 9-13 mile hike depending on the route you choose. The trail is rated strenuous for the rocky, uneven terrain and the distance covered. Bring water, lunch, snacks, headlamp, hiking boots, and hiking sticks. You can meet us at the Penney's parking lot in Cookeville at 7:00 am CT, at the US Bank across from McDonald's in Sparta at 7:30 am CT or at the Grundy County Forest trailhead in Tracy City. For information and to register contact Cynthia Meinerding at 931-308-4727 (after 4:00 p.m.) or [cjmeinerding@yahoo.com](mailto:cjmeinerding@yahoo.com).

**Mar 15 - Pioneer, Byrd Lake and Creek Trails, Cumberland Mountain State Park, Crossville, TN.** We will hike the Pioneer Trail, which circles Byrd Lake and is about 5 miles long. Then we will hike 3 to 4 miles on Byrd Lake and Creek Trail below the dam. Both trails are rated easy. Bring water, snacks, lunch, and wear appropriate clothing for weather. We will meet at J.C. Penny's in Cookeville at 8:30 am CT. For information and to register contact Hix Stubblefield at 931-526-2312 or [hixstub@citlink.net](mailto:hixstub@citlink.net).

Upper Cumberland Chapter – con't.

**Mar 22 - Collins Gulf Loop, Savage Gulf State Natural Area, Palmer, TN. 13 miles. Strenuous.** Highlights of this hike include Horsepound and Suter Falls, numerous overlooks, and the historic Stagecoach Road built in the 1830s. We will descend into the gulf along the Collins Gulf Trail to Suter and Horsepound Falls. (Those wanting a shorter hike can return to the beginning from Horsepound Falls for a total hiking distance of 5 miles which is rated moderate). We will continue by ascending from the gulf on the Stagecoach Road and then follow the Collins Gulf loop to the beginning. Bring hiking boots, headlamp, snacks, water, and lunch. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville or at the US Bank across from McDonald's in Sparta at 7:30. For information and to register contact Gary Kimbrell at 931-215-9520 or [Gary.Kimbrell@fbitn.com](mailto:Gary.Kimbrell@fbitn.com).

**Mar 29 - Groundhog Ridge Trail, Great Smoky Mountains National Park, Cosby, TN. 8-9 miles. Strenuous.** We will ascend Mount Cammerer along the Groundhog Ridge Trail. This trail is not maintained but is generally easy to follow. The upper parts of the trail are steep and in places trees have fallen across the trail. There is also some rock scrambling near the top. We will be rewarded with outstanding views from the upper parts of the trail and from the Mount Cammerer fire tower. We will descend by taking the Mount Cammerer Trail to its junction to the Appalachian Trail. Then descending to the Lower Mount Cammerer Trail and then to its junction with the Groundhog Ridge Trail and then back to the beginning. You can meet us at 7:00 am CT at the Penney's parking lot in Cookeville. For information and to register contact Gary Kimbrell at 931-215-9520 or [Gary.Kimbrell@fbitn.com](mailto:Gary.Kimbrell@fbitn.com).

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## OFFICERS:

<b>President</b>	Carolyn Miller	931-839-3213 <i>president@tennesseetrails.org</i>
<b>Vice-President</b>	Levonn Hubbard	931-707-1020 <i>vicepresident@tennesseetrails.org</i>
<b>Treasurer</b>	Kathy Woods	615-473-6824 <i>treasurer@tennesseetrails.org</i>
<b>Secretary</b>	Diane Manas	615-352-7777 <i>secretary@tennesseetrails.org</i>
<b>Past President</b>	Millette Jones	615-397-9588 <i>pastpresident1@tennesseetrails.org</i>
<b>Previous Past President</b>	Don Dresser	731-668-4190 <i>pastpresident2@tennesseetrails.org</i>
<b>West TN At-Large Director</b>	Graydon Swisher	901-737-3114 <i>westregional@tennesseetrails.org</i>
<b>Middle TN At-Large Director</b>	Nora Beck	615-517-6486 <i>middleregional@tennesseetrails.org</i>
<b>East TN At-Large Director</b>	Levonn Hubbard	931-707-1020 <i>eastregional@tennesseetrails.org</i>
<b>Membership Director</b>	Tim Townley	731-607-0512 <i>membership@tennesseetrails.org</i>
<b>Cumberland Trail Conference Representative</b>	Diane Manas	615-352-7777 <i>CTC@tennesseetrails.org</i>
<b>TN Rails To Trails Advisory Council Representative</b>	Bob Richards	615-532-0753 <i>TRAC@tennesseetrails.org</i>
CHAPTER REPRESENTATIVES ON THE BOARD ARE LISTED WITHIN EACH CHAPTER'S HEADER		
<b>Newsletter Editor</b>	LouAnn Partington	931-393-4835 <i>editor@tennesseetrails.org</i>

## TTA 2014 CALENDAR

The following dates in 2014 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.

### FIRST QUARTER

Mar 2-8	.....	CTC's Spring BreakAway, Week 1 in Rhea County (Graysville Mtn)
Mar 9-15	.....	CTC's Spring BreakAway, Week 2 in Rhea County (Graysville Mtn)
Mar 16-22	.....	CTC's Spring BreakAway, Week 3 in Rhea County (Graysville Mtn)
Mar 23-29	.....	CTC's Spring BreakAway, Week 4 in Rhea County (Graysville Mtn)
Mar 24	.....	Banff Mtn Film Festival Tour, Knoxville
Mar 29	.....	Earth Hour - 8:30 pm local time

### SECOND QUARTER

Apr 5-13	.....	TDEC's Natural Areas Week (Statewide)
Apr 19	.....	Earth Day event (Nashville)
Apr 22	.....	Earth Day - 44th Anniversary
May 3	.....	Board of Directors' Quarterly Meeting (Location TBA)
Jun 7	.....	National Trails Day (Statewide)

### THIRD QUARTER

Aug 2	.....	Board of Directors' Quarterly Meeting (Location TBA)
Sep 6	.....	National Planting Day - 3rd Anniversary (Organized by Keep TN Beautiful)
Sep 14-20	.....	Bike Ride Across TN (B.R.A.T.) - 25th Anniversary
Sep 27	.....	National Public Lands Day (Statewide)

### FOURTH QUARTER

Oct 24-26	.....	TTA's Annual Meeting; Montgomery Bell State Park; hosted by Nashville Chapter
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## Newsletter Deadlines:

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

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

Mar 14

**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](mailto: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](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:

\_\_\_ 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.**