

# 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



## TTA AWARDS NOMINATIONS

The TTA Board is seeking nominations for the TTA awards to be presented at the annual meeting. We annually present the Tennessee Trails Award and the Bill Stutz Awards. The Bob Brown Lifetime Achievement Award is awarded periodically to those with a lifetime of leadership and extraordinary contributions.

Please contact Carolyn Miller  
([president@tennesseetrails.org](mailto:president@tennesseetrails.org)),  
([nashville@tennesseetrails.org](mailto:nashville@tennesseetrails.org)),  
([plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org)) or  
([libbyslibbys@comcast.net](mailto:libbyslibbys@comcast.net)) to submit your written nominations for the TTA awards. Nominations should include contact information for the person making the nomination, a full name and address of the nominee and a paragraph stating why the person should be nominated for the award.

**Tennessee Trails Award.** This award is presented for outstanding contributions to the Association or for the furtherance of trails and natural resource programs and opportunities within Tennessee.

**Bill Stutz Award.** The Association gives this award in honor of the late Bill Stutz, past TTA member and beloved hiker. Any chapter (or voting member) can make a nomination to the Board for the recipient of this award. The award is to be presented to an active hiker for his or her individual contribution to the Association or one its chapters.

**Bob Brown Lifetime Achievement Award.** The Board of Directors of the Association established this award to honor the extraordinary lifetime leadership and personal contributions of Bob Brown to hiking and conservation in the State of Tennessee. The Board may give a Bob Brown Award from time to time to others for lifetime leadership and contributions that it finds equally extraordinary.

## IT'S THE YEAR TO VOLUNTEER!

***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...well, there's no time like today!***

We are always looking for volunteers in all capacities within TTA. As a chapter chair or TTA officer, you can be involved in planning and determining the future activities and policies of our organization. If you are interested in any of the elected positions, feel free to contact the officer currently in that position to find out more about the time commitment and experience needed. Or plan to attend a quarterly board meeting to learn more. There are many opportunities for you to be involved in determining the future of TTA.

**If you are interested in serving as an officer in 2016, please contact a member of the Nominating Committee:**

Carolyn Miller ([president@tennesseetrails.org](mailto:president@tennesseetrails.org)),  
Don Dresser ([jacksonsecy@tennesseetrails.org](mailto:jacksonsecy@tennesseetrails.org))  
Sara Pollard ([murfreesboro@tennesseetrails.org](mailto:murfreesboro@tennesseetrails.org))

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## Third Quarter TTA Board Meeting

August 1, 2015  
REI , Brentwood, TN  
1 – 5:00 pm CT

### Agenda Items

- TTA and CTC Reorganization Update
- Nominating Committee Report
- Annual Award Nominations
- Annual Meeting Update

Please send additional agenda items to the TTA President prior to the meeting.

All members are welcome to attend the board meeting.



Office Location 409 Thurman Avenue,  
Ste 102  
..... Crossville, TN 38555  
Office Hours ..... Tuesday – Friday  
..... 10 am – 3 pm CT  
Phone: ..... 931-456-6259  
Office Staff: ..... Marianne Mailhiot  
Email: [ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com)  
Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

Next CTC Board meeting – July 18, First United Methodist Church Annex, Crossville, TN. For more information, please contact CTC Chairman Rob Weber at [weber9885@att.net](mailto:weber9885@att.net) or 423-517-0920, or CTC Vice Chairman Frank Jamison at [jamisonf@accessam.com](mailto:jamisonf@accessam.com) or 865-376-4120 or contact the CTC office.

Several CTC board members are busy with the reorganization between TTA and CTC to form a new non-profit organization while other board members are busy planning for the upcoming trail building projects and yet others are working to rebuild the volunteer base. If you want to volunteer to work with CTC to build and promote the Cumberland Trail, please contact the CTC office. We need your help and we want your talent.

CTC is in the process of hiring a Trail Building and Program Coordinator. We also have some paid part-time trail crew positions still available. If you are interested in a paid position with CTC, please contact the CTC office for more information.

If you are not looking for a paid position, but still want to be part of building and promoting the Cumberland Trail by working with the Cumberland Trail Conference, we have numerous volunteer opportunities for you.

Some of the Volunteer opportunities include:

**WagonMasters:** WagonMasters from throughout Tennessee and the South guide and educate volunteers during trail building outings and programs teaching them the basic trail building skills while making for a productive work day. We are looking to train 8-15 WagonMasters during our fall 2015 trail training sessions and eventually have 15-25 to support our expanded programs in 2016.

**Structured Team Volunteers:** All teams will receive extensive trail and safety training and will work under the guidance of our Trail Building and Program Coordinator and in cooperation and under the guidance of State Parks.

**Trail Crew:** Have a couple friends or a community group that would like to get out on the trail? Want to build some trail as a team? Trail Crew teams are tight-knit groups of 2-5 individuals who go out and build trail, working an assigned section of corridor, joining our daily trail crews, volunteer outings, and programs. We are looking for numerous trail teams to be located throughout the trail corridor.

## Cumberland Trail Conference – con't.

**Rock Crew:** Like to puzzle? Have a good friend who regularly moves boulders in his yard for fun? Then you're a Rocker...or a at least a good candidate to be one of our rock crews, a specialized team of 2-3 individuals that go and complete finish-rock work on the trail building projects.

**Mechanized Crew:** Comfortable with mechanized equipment? These teams, to be located in the south, central and northern corridor, will go into trail work locations and complete the initial mechanized trail work with our ditch witch.

**Bridge Crew:** Stringing cable bridges between the house and workshop in your spare time, have specialized carpentry and engineering background...this may interest you. We are looking for volunteers with special skills to form bridge teams that work under the guidance of our Trail Building and Program Coordinator and State Parks.

**Office Volunteers:** Already used up those knees but still want to help? Do you like to interact with the public or have writing skills? Then here are more volunteer opportunities. All positions will work under the guidance of our wonderful office staff.

**Small Grant Writers:** Enjoy writing? We need your help. Our office team is seeking volunteer grant writers to target small grants to help fund our programs and trail teams. We will have two computer work stations dedicated to this volunteer activity and all grant writers will work under the direction of our Trail Building and Program Coordinator.

Interested? Contact Marianne at CTC office 931-456-6259 or email [ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com) to sign up.

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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>
Jul 10 .....	Aug 1
Aug 10 .....	Sep 1
Sep 10 .....	Oct 1

All submissions are subject to editing. Articles of general interest and non-hiking events will be included as space permits.

Please send all submissions to:  
[editor@tennesseetrails.org](mailto:editor@tennesseetrails.org)

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## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** Sandy Janus 931-551-8523  
*clarksville@tennesseetrails.org*  
**CHAPTER VICE-CHAIR:** Lili Ball 931-552-2773  
*clarksville@tennesseetrails.org*  
**TREASURER:** Mary Schwab 931-645-9068  
*clarksvilletreas@tennesseetrails.org*  
**SECRETARY:** Pam Gadsey 931-552-2325  
*clarksvillesecy@tennesseetrails.org*  
**OUTINGS COORDINATOR:** Paul Schwab 931-645-9068  
*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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**Jul 11 - Overnight hike Virgin Falls Natural Area, Virgin Falls Trail. 8 miles. Difficult.** Bob Lyon 931-648-2354. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 148 miles to trailhead.

**Jul 18 - Pennyrile State Park. 3 miles, Moderate:**, and then swim; eat lunch at Park Restaurant. Sandy Janus 931-551-8523. Meet 8:00 am CT, at Kroger parking area, Dover Crossing Road, Clarksville. 50 miles to trailhead.

**Jul 21 - Monthly Chapter Meeting.** 6:00 pm CT, Crow Center.

**Jul 25 - 'Cooling at the Cave'. Dunbar Cave State Natural Area, Clarksville.** Music, Board Games, Fellowship, Refreshments. 3:00 pm until 6:00 pm CT.

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CHAIR:** Carolyn Watson 901-652-9089  
*columbia@tennesseetrails.org*  
**PROGRAM COORDINATOR:** Ellen Clark 615-595-2640  
*columbiaprog@tennesseetrails.org*  
**HIKE COORDINATOR:** Jane Coffey 615-516-6551  
*columbiahikes@tennesseetrails.org*

**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at Super China Buffet, 5228 Main St., #B1, Spring Hill, TN 37174. Socializing and dinner at 6:00 pm CT; meeting starts at 7:00 pm.

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**Jul 7 - Chapter Meeting.** Join us at 6:00 pm CT for the buffet, The meeting begins at 7:00 pm. Tommy Haskins will present the geology of Iceland. This program is designed to complement the excellent presentation on "Hiking in Iceland" made by Ellen Clark and Lou Laratta in May. Iceland is the largest island in the world straddling continental plate boundaries. The size of this island is continually growing as it overlies a hot zone of upwelling magma from the mantle. The oldest material comprising the island is around 25 million years old making the island very young geologically. The setting itself is a contrast of near arctic-like coldness on an island possessing multiple active volcanoes, numerous hot springs and geysers. Adding to the mystique, the Gulf Stream delivers warm waters and nutrients as it takes dead aim at the land of "Fire and Ice." The presentation will explain how the island came into being, how it continues to grow in size and how igneous rocks control the physiography of the land.

## Columbia/Franklin Chapter – con't.

**Jul 11 - Dunbar Cave State Park.** Jane Coffey will lead a hike in Clarksville at the Dunbar Cave State Park. Dunbar is one of the largest caves in Montgomery County. This eight mile long cave has historical, natural, archaeological and geological significance. Excavations revealed that this cave has been occupied by man for thousands of years, drawn by its constant stream flow and natural air conditioning. These early inhabitants left drawings on the cave walls, perhaps as part of religious ceremonies. **The entrance to Dunbar Cave is 58 degrees year-round** which makes it a popular attraction during the summer months. Cave tours are offered May through August. Tour the cave: \$10 per person and we should make reservations so we can ensure that everyone will be able to make the tour. The guided tour starts at 10 am each day. There are three trails in the Dunbar Cave State Park: **Lake Trail**, 0.7 miles, paved surface, easy: **Short Loop Trail**, 1.1 miles, natural surface, moderate: **Recovery Trail**, 1.9 miles, natural surface, moderate. We will leave from the parking lot behind McDonald's located at 4908 Columbia Hwy (northern end of Spring Hill) at 7:30 am. Please come a little early so that we can leave exactly on time. The travel time to the Dunbar Cave State Park is approximately 80 minutes. Please contact Jane Coffey at *jecoffey0644@gmail.com* or 615-516-6551 if you have any questions.

**Jul 25 - Franklin Greenway.** Carolyn Watson will lead a 4-mile hike of the Franklin Greenway which lies along the Harpeth River. We will walk through the land around the Williamson County Recreation Center on Mack Hatcher Bypass, Cheek Park and the new Bicentennial Park. We'll enjoy brunch at one of the local restaurants in Downtown Franklin. This is a mostly level, easy hike that will take us through areas of Franklin that we mostly drive through and around. Wear comfortable shoes and bring some water as it will be hot. Register with Carolyn Watson at cell 901-652-9089 or email at *watsoncr@yahoo.com*.

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## EAST TN CHAPTER (Oak Ridge / Knoxville)

**CHAPTER CHAIR:** Rosemary Marshall 865-951-8317  
*easttennessee@tennesseetrails.org*  
**WEBMASTER:** Sherry Barber 865-209-6189  
*sbarber6189@comcast.net*

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**Jul 11 - Big Creek Trail.** Join us for this great hike on the Big Creek Trail. It's an old road built by the Crestmont logging company in the early 1900's. It was improved by the Civilian Conservation Corp in the early 1930's and converted for hiking use. Horse traffic is allowed. The trail is relatively level, gaining about 1300 over 5 miles. The climb is gradual. We will hike to Walnut Bottoms and the round trip is 10.2 miles but rated moderate because of distance. There is much to see with lots of water and huge boulders, wildlife and vegetation. Our carpool meeting place is undetermined at this time, so pre-register with Rosie at *rosemary\_L@hotmail.com* or 865-951-8317. Don't forget, water, snacks, camera and \$\$\$\$ for carpooling.

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## HIGHLAND RIM CHAPTER (Coffee and Franklin Counties)

**CHAPTER CO-CHAIRS:** Naullain Kendrick 931-224-6225  
*highlandrim@tennesseetrails.org*

**SECRETARY** Carolyn Fitz 931-598-0597  
*highlandrimsecy@tennesseetrails.org*

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

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**Jul 11 – Collins River Float. 8.3 miles. Easy, Class 1.** Slow to moderate current. Warren County. Joint outing with the Murfreesbro Chapter. Should take 5 hours so pack lunch, snacks and plenty of water. The put-in is Myers Cove Road TWRA boat ramp off TN Hwy 56 south of McMinnville. The take-out is Shellsford Road (TN Hwy 127) TWRA boat launch. To register contact our leader, Sara Pollard, at 615-714-3610 or *sarapollard@gmail.com*.

**Jul 18 – Elk River Float, Farris Creek Bridge to Shiloh Bridge. 12 miles approximately.** Meet our leader, Joette Carter, at 9:30 am CT at Farris Creek Bridge to arrange a shuttle. We will leave kayaks and canoes at Farris Creek Bridge ramp and take vehicles to Shiloh Bridge. Bring water, lunch and sunscreen. For more information call Joette at 256-776-3551.

**Jul 25 – Foster Falls to Grundy Forest Trailhead on Fiery Gizzard Trail, Tracy City, TN. 13 miles. Moderate but difficult in parts.** Marietta Poteet will lead a joint hike with the Friends of South Cumberland State Park Waterfall Challenge and Tennessee Trails Association. The waterfalls are Foster Falls and Anderson Falls. We will hike the entire length of Fiery Gizzard Trail from Foster Falls to the Grundy Forest trailhead in Tracy City. This hike is difficult because of the thirteen miles and the rocky descent/ascent in and out of Laurel Gorge. This beautiful hike features several waterfalls and many overlooks all along the trail. This is a shuttle hike so we will meet at the Grundy Forest trailhead in Tracy City, leave cars there and shuttle to the Foster Falls parking lot to begin our hike. Be at the Grundy Forest trailhead by 9:00 am CT. Please wear good hiking boots and bring hiking poles, a light, snacks, lunch and plenty of water for this all day hike. Please register for this hike by calling Marietta at 931-924-7666 or email *nannietta@blomand.net*.

**Jul 27 – Chapter Meeting.** Dinner is 5:00 pm at Casa Mexico Bar & Grill, 1615 N. Jackson St., Tullahoma. Our meeting is 7:00 pm. at D. W. Wilson Community Center. Our program will be announced soon.

## OFFICERS:

**President**  
Carolyn Miller 931-839-3213  
*president@tennesseetrails.org*

**Vice-President**  
Levonn Hubbard 931-707-1020  
*vicepresident@tennesseetrails.org*

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*treasurer@tennesseetrails.org*

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**Membership Director**  
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**Past President**  
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*pastpresident1@tennesseetrails.org*

**Previous Past President**  
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**West TN At-Large Director**  
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*westregional@tennesseetrails.org*

**Middle TN At-Large Director**  
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*midlleregional@tennesseetrails.org*

**East TN At-Large Director**  
Bruce Whitehead 941-716-3620  
*eastregional@tennesseetrails.org*

**Cumberland Trail Conference Representative**  
Frank Jamison 865-376-4120  
*CTC@tennesseetrails.org*

**TN Rails To Trails Advisory Council Representative**  
Bob Richards 615-532-0753  
*TRAC@tennesseetrails.org*

CHAPTER REPRESENTATIVES ON THE BOARD  
ARE LISTED WITHIN EACH CHAPTER'S HEADER

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

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## INACTIVE CHAPTERS

We have three chapters in the process of being reorganized. If you are interested in assisting with this process, please see below for the contact information.

**Cove Lake** Bruce Whitehead 941-716-3620  
*eastregional@tennesseetrails.org*

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

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

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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> Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

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**Jul 11 - Buffalo River Canoe Trip.** This will be a 10 mile float down the Buffalo River (TN), starting at the Flatwoods Canoe rental. We will meet at Panera 6:30 am CT or at Flatwoods Canoe 8:00 am. If you would like to register for the trip or would like further information, please contact Howard Ropp at *howardropp1@gmail.com*.

### Planning Ahead:

**Aug 29 - Cub Lake cookout.** This is our annual cookout, which we will combine with a short hike around the lake and possibly a swim. Please invite your friends to come. For further information, contact Vicky Moeller at *vmoellersu@gmail.com*.

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## MEMPHIS CHAPTER

**CHAPTER CHAIR:** Charlie Bright 901-829-4434  
*memphis@tennesseetrails.org*  
**VICE-CHAIR:** Francis Ruffin 662-781-5034  
*memphisvice@tennesseetrails.org*

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No hikes planned this month. See you in September!

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## TIPS

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

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

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## MURFREESBORO CHAPTER

**CHAPTER CHAIR:** Sara Pollard 615-714-3610  
*murfreesoroboro@tennesseetrails.org*  
**TREASURER:** Ann Jacobs 615-896-3935  
*murfreesoroborotreas@tennesseetrails.org*  
**PROGRAM COORDINATOR:** Valerie Galan 615-516-6441  
*murfreesoroboroprogram@tennesseetrails.org*  
**HIKE COORDINATOR:** Jennifer Zahn 615-943-8853  
*murfreesoroborohikes@tennesseetrails.org*

**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*

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**Jul 11 – Collins River Kayak Paddle, 8.3 miles.** Slow to moderate near McMinnville. This river offers clear water paddling down Class I riffles bordered by gravel bars and is mostly wooded with partial river shade. The put in is Myers Cove Road TWRA boat ramp and take out is on Highway 127 (near Shellsford Road). Should take around 5 hours so pack lunch, snacks and plenty of water. To register contact Sara Pollard at 615-714-3610 or *sarabpollard@gmail.com*

**Jul 14 - Chapter Meeting.** Dick McClure of the Highland Rim chapter will present a program on his three month stay on the Big Island of Hawaii, Hilo side. His photos will include Volcano National Park, beach parks, flower gardens and special events. He will also describe his hikes and why this was a special trip for him.

**Jul 22 –Adeline Wilhoite Trail Hike. Easy.** The Adeline Wilhoite Trail is the newest trail at Henry Horton. We will hike a portion of this trail to a 20 foot observation tower, a distance of less than 1.5 miles. The entire hike is very flat and runs along the Duck River. We will return the same way. For those of you who wish to have dinner after the hike, we will head for the Horton Park Restaurant for a buffet dinner. The cost is \$10 per person not including drinks. We will meet at the Horton Park Restaurant parking lot at 5 pm and shuttle over for the hike. Hiking shoes and a bottle of water should be all you need. Contact Andy Meeks at 813-447-1224 if you plan to come.

**Jul 25 – Adventure Trip to Short Mountain Distillery, Restaurant and Trading Post, Woodbury, Tennessee.** It may be too hot to hike but here's a fun outing to help beat the heat. Starting in the cool of the day we'll meet at Hardee's in Woodbury, then carpool to the distillery. We'll tour the distillery on our own with optional free moonshine tastings, walking a very short trail to the cool spring that furnished the pure water for the brew, then have lunch in the recently opened Still House Restaurant. The panoramic views from the restaurant are said to be breath taking. Afterwards we'll go next door to stroll through the Short Mountain Trading Post, filled with antiques, "unique" and locally handcrafted items. The restaurant requires advance reservations so be sure to contact Anna or Fount for the details and to sign up. Email *abertram@dtccom.net* or phone 615-765-5357.

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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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**Jul 11 – Hidden Springs Trail, Cedars of Lebanon State Park.** This is one of Fran Wallas's Great Hikes. If you're earning a patch for completing them, here's an opportunity to hike this one with a group. A 5-mile loop trail, it's rated easy with little elevation change. This path takes you in and out of cedar glade and hardwood forest habitats, so there's quite a variety of trees and plants. We'll pass the site of a former adventure in the processing of corn squeezin's as well – the spring that provided the water is conveniently hidden. This will be a morning hike. There will be plenty of shady stretches, but sunscreen and plenty of water are recommended; snacks suggested. Closed-toe footwear recommended; sneakers fine. To pre-register and for logistical details contact Nora Beck, [norellibee@gmail.com](mailto:norellibee@gmail.com) or 615-517-6486.

**Jul 18 – Wall Trail, Little Duck River Trail and Forks of the River Trail, Old Stone Fort State Archaeological Park, Manchester, TN. 3 mile loop. Easy.** Meet at 9 am CT at the Museum/Gift Shop at the Park. Pre-registration required. This hike has been described as one of the best in Middle Tennessee, passing over an impressive old forest along bluffs overlooking the cascading forks of the Duck River. The Wall Trail circles around a 50-acre hilltop enclosure mound site which served as a central ceremonial gathering place for some 500 years. The Forks of the River Trail and Little Duck River Trail present oak forests, confluence of the Little Duck and Duck Rivers including Big Falls, where the 90-foot-wide river drops 7 feet before plunging 30 feet over a bedrock overhang into a big deep pool. Pre-register with Betty Magee, [monetfan455@yahoo.com](mailto:monetfan455@yahoo.com) or 615-319-5394.

### Nashville Chapter – con't.

**Jul 25 – “Two for One Waterfall Hike”, Burgess Falls & Rock Island State Parks.** We will meet at 9:30 am CT in the Burgess Falls parking lot. A short but spectacular 2-mile walk awaits. We will follow the trail along the Falling Water River viewing various cascades of 30 feet, 80 feet and the crown jewel, the 136-foot lower falls. An opportunity to scramble to the base and enjoy the cool mist will be offered to the most adventurous. Next, we will caravan past a fresh fruit and ice cream stand for a refreshing stop, and then drive south for about 30 minutes to Rock Island State Park. A short walk down the gorge will provide us with a lunch picnic spot on the rugged rocks. The next adventure will be a hike along the Collins River – a 3-miler. A unique view of Twin Falls will be enjoyed. The state park offers excellent camping and cabin facilities for anyone wishing to make an overnight visit. In summary – not too strenuous for mid-summer weather, ideal for families, fun and refreshing! Burgess Falls is west of Cookeville, about 70 miles east of Nashville, accessible from exit 286 on I-40. Follow State Hwy 135 south, following signs to the falls. Rock Island State Park is near McMinnville, not far from Sparta. Pre-register with Tom Vickstrom, [tomzinger455@gmail.com](mailto:tomzinger455@gmail.com) or 615-405-6713.

**Jul 28 - Chapter Meeting.** We're headed south of the border this month - 'south of the equator, even. From sea level in the Galapagos Islands of Ecuador to 12,500 feet in Peru's Andes Mountains, Libby Francis and Elizabeth Gerlock traveled by plane, boat, and open-air taxi as well as on foot. They encountered a wide range of experiences, terrain, wildlife habitat, native culture - and food. Exotic fruits with strange names, Chicha (a locally brewed corn beer), guinea pig and octopus were just a few of the new tastes in the trip's repertoire. Be sure to bring your friends, and a notepad and pen - you may be able to take home a recipe for alpaca or - for real - piranha.

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### Attention: Hike Coordinators (aka Hike Leaders)

A TTA **Release of Claims & Hold Harmless Agreement** form (aka "Liability Waiver") must be signed by everyone before you start your hike or before carpooling to your hiking destination. They can be obtained from your local Chapter Officer or downloaded easily from our website: [www.tennesseetrails.org/release.php](http://www.tennesseetrails.org/release.php)

# ANNUAL MEETING HIKES

## FRIDAY, NOVEMBER 13, 1:00 pm ET

- Look Rock Tower. Foothills Parkway, Blount County, 2 miles , very easy.
- Little River/Cucumber Gap. Elkmont, 5.5 mile loop, easy.
- Ft. Loudon State Park. Vonore, 4.5 miles, easy.

## SATURDAY, NOVEMBER 14, 8:00 am ET

- Rich Mountain Loop. Cades Cove, 8.7 mile loop, moderate.
- Lead Cove Trail to Thunderhead Mountain. Laurel Creek Road, 3700 foot climb, 12.8 miles, via Appalachian Trail, strenuous.
- Jakes Creek to Jakes Gap (Blanket Mountain). Elkmont, 7.5 miles, moderate.
- Clingmans Dome to Newfound Gap (Appalachian Trail). 7.8 mile descent, car shuttle, moderate.
- Lumber Ridge/Spruce Flats Falls manway. Tremont, 7-8 miles, moderate.
- Little River/ Cucumber Gap Loop. Elkmont, includes tour of Avent and other cabins, 5.5 loop, easy.
- West Prong Trail to Campsite 18. Tremont, 5.4 miles, moderate.
- Trillium Gap to Grotto Falls and Brushy Mountain. Gatlinburg, 1500 foot climb, 6.8 miles, moderate.
- Look Rock Tower. Foothills Parkway, Blount County, 2 miles round trip, easy.
- Ace Gap. Townsend, 6 miles, easy.
- Seven Islands State Birding Park. Knox County, 5 miles, easy.
- Charlies Bunion. Newfound Gap, Appalachian Trail, 8 miles, strenuous.
- Middle Prong to Indian Flat Falls. Tremont, 7 miles, moderate.

## SUNDAY, NOVEMBER, 15, 9:00 am ET

- Andrews Bald. Clingmans Dome, 4 miles, moderate.
- East Lakeshore Trail. Tellico Lake, Greenback, 5.0 miles, easy.
- Abrams Creek/ Cooper Road Trail. Abrams Creek Ranger Station, 7 miles, moderate.

**TENNESSEE TRAILS ASSOCIATION  
CONVENTION/MEETING  
TREMONT LODGE & RESORT  
TOWNSEND, TENNESSEE  
NOVEMBER 13-15, 2015**

Registration Form (each family member's name must be listed if attending)

Name _____	Name _____
Name _____	Name _____
Address _____	
City _____	State _____ Zip _____
Telephone _____	Email _____
Chapter _____	

**LODGING:** Tremont Lodge & Resort  
7726 E. Lamar Alexander Pkwy.  
Townsend, TN 37882  
Standard (2 Queen)  
Deluxe (King)  
Deluxe (2 Queen)

Call direct to reserve your room (s)  
865-448-3200  
Mention TTA for Special rates  
\$69.00  
\$85.00  
\$85.00

**RV CAMPING:** Call direct to reserve (10% discount)

Tremont Outdoor Resort  
Whispering River Resort  
Big Meadow Family Campground

865-448-6363 RV-Tents-Cabins  
865-981-4300  
865-448-0625

**MEALS:**

Friday Dinner	# persons ____ X \$11	Total \$ _____
Saturday Breakfast	# persons ____ X \$9	Total \$ _____
Saturday Sack Lunch	# persons ____ X \$5	Total \$ _____
Saturday Dinner	# persons ____ X \$12	Total \$ _____
Sunday Breakfast	# persons ____ X \$9	Total \$ _____
Sunday Sack Lunch	# persons ____ X \$5	Total \$ _____

Vegetarian Meals will be available upon request

**REGISTRATION FEE PER PERSON**

# person \_\_\_\_\_ \$25 Total \$ \_\_\_\_\_

**TOTAL ENCLOSED** \$ \_\_\_\_\_

Please make check payable to East TN Chapter of Tenn. Trails Assoc.

Mail to: Rosemary Marshall  
5400 Parkdale Rd.  
Knoxville, TN 37912

Any Questions? Call Rosie 865-951-8317 or [rosemary\\_L@hotmail.com](mailto:rosemary_L@hotmail.com)

**Deadline for Registration October 19, 2015  
Cancellations and Refunds must be in writing**



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## PLATEAU CHAPTER (Crossville)

**CHAPTER CHAIR:** Cheryl Heckler 931-200-7436  
[plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org)  
**TREASURER:** Bill Quattrociochi 931-484-4230  
[plateautreas@tennesseetrails.org](mailto:plateautreas@tennesseetrails.org)  
**MEETS MONTHLY:** 2nd Thursday at 6:00 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.

**Jul 11 – John Litton Loop, Big South Fork, Jamestown.** The John Litton loop is about a 6 mile long hike with some small waterfalls and some rock formations along the way. The trail is named for John Litton who settled in the area around 1900 and his dwelling and outbuildings are still standing. The hike is rated moderate. Bring lunch and water. Depart from behind Cracker Barrel at 8:00 am CT. To register for this hike contact Howard Owens [owenshb@charter.net](mailto:owenshb@charter.net), 931-248-3190.

**No Chapter Meeting in July.**

**Jul 25 – Old Settlers, Smoky Mt National Park, Gatlinburg.** This is an 8 mile moderate to moderately difficult hike with several ups and downs featuring numerous creeks, old chimneys, and the Tyson McCarter Barn and home site. There is a 3 mile car shuttle. Bring lunch, drinking water, and water shoes as there are 14 creek crossings. Depart from behind Vanity Fair Mall southwest parking lot at 8:00 am CT. For more information and to register, call Cheryl Heckler at [thehecklers@charter.net](mailto:thehecklers@charter.net) or 931-200-7436.

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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>

**Jul 4 - Flipper Bend. Approximately 8 miles. Strenuous.** Meet at Wal-Mart parking lot in Soddy Daisy at 8 am ET. Hike leader: George Bonneau. Mileage - RT 10 - \$1.

**Jul 7 - Greenway Farms. Approximately 4 miles. Easy.** Meet at parking lot across from dog park at 9 am ET. Hike leader: Bob McGavock.

**Jul 11 - Roaring Creek. Approximately 10 miles. Strenuous.** Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: John Politte. Mileage - RT 30 - \$2.

**Jul 14 - Wolftever Greenway. Approximately 4 miles. Easy.** Meet at Target parking lot on Hwy 153 at 9 am ET. Hike leader: Donna Pyers. Mileage - RT 30 - \$2.

Soddy Daisy Chapter – con't.

**Jul 18 - Rock Creek Section. Approximately 9.2 miles. Strenuous.** Hike from Retro Hughes Road trailhead to Rock Creek overlook and return. Meet at Durham Street parking lot in Soddy Daisy at 8 am ET. Hike leader: John Politte. Mileage - RT 22 - \$2.

**Jul 21 - Raccoon Mountain. Approximately 4 miles. Moderate.** Meet at Bi-Lo parking lot in Red Bank at 9 am ET. Hike leader: George Bonneau. Mileage - RT 40 - \$2.

**Jul 25 - Prentice Cooper Mullins Cove loop. Approximately 10 miles. Strenuous.** Meet at Bi-Lo parking lot in Red Bank at 8 am ET. Hike leader: John Politte. Mileage - RT 30 - \$2.

**Jul 28 - Elsie Holmes. Approximately 3 miles. Easy to moderate.** Meet at Target parking lot on Hwy 153 at 9 am ET. Hike leader: George Bonneau. Mileage - RT 40 - \$2.

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## SUMNER TRAILS CHAPTER

**CHAPTER CO-CHAIRS:** Sally Ticaric 615-218-1086  
Bob Crouch  
[sumner@tennesseetrails.org](mailto:sumner@tennesseetrails.org)

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

There are no scheduled events or meetings this month. If a pop up hike arises, you will get an email. Enjoy the summer and think about the hikes you would like to lead or attend in the fall.

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## UPPER CUMBERLAND CHAPTER (Sparta / Cookeville)

**CHAPTER CHAIR:** Louise Miniard 931-239-5425  
[uppercumberland@tennesseetrails.org](mailto:uppercumberland@tennesseetrails.org)  
**HIKE COORDINATOR:** Kathleen Sullivan 931-284-7822  
[uppercumberlandhikes@tennesseetrails.org](mailto:uppercumberlandhikes@tennesseetrails.org)

Hike information unavailable at press time.

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

ADDRESS SERVICE REQUESTED



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

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

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

Jul 15

**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.**