

# 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



## DOGS ON HIKING TRAILS

It is spring and we all want to get outdoors for some exercise. If a dog is one of your best friends, you may want to take hike him or her on a hike with you.

TTA's Hiking Handbook states:

- Please consult with the Hike Coordinator before assuming your dog is permitted on a trip. Dogs are not allowed on the trails in some state natural areas or in most national parks. If you bring your dog, it must be controlled at all times.

Some basic rules for hiking with your dog:

- **Keep control of your dog at all times. This means your dog should stay on a 6-foot leash.** This will prevent a bevy of potential problems, from chasing wildlife, running into other hikers, going off trail, having a confrontation with another dog or losing your dog in unfamiliar territory. Consider how your dog reacts to strangers and strange situations: if it is fearful, it may become aggressive or extremely submissive on the trail. Additionally, you may be violating State leash laws and be subject to possible liability claims if your dog bites someone or contributes to a dangerous situation.

- **Physical fitness.** Consider if your dog is healthy and physically fit enough for the trail that you have chosen. Short legged dogs may need your assistance on trails with steps. Ladders will pose an obstacle to most dogs.
- **Water.** Depending on the trail, you may need to pack in or have your dog pack in water. Do not expect clean, healthy water to be available. Dogs can be exposed to and infected by intestinal parasites, such as Giardia.

Inspiration for this article and much more useful information about hiking or backpacking with your dog may be found at <https://www.rei.com/learn/expert-advice/hiking-dogs.html>.





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 Mailhot  
Email: [ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com)  
Website: [www.cumberlandtrail.org](http://www.cumberlandtrail.org)

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**Summary of BreakAway/Alternative Spring break:  
March 6 – April 2.**

Week 1 – 62 students volunteered 1,519 hours and community volunteers logged 460.5 hours.  
Week 2 – 39 students volunteered 994.5 hours and community volunteers logged 345 hours.  
Week 3 – 33 students volunteered 990 hours and community volunteers logged 435.25 hours.  
Week 4 – 21 students volunteered 714 hours and community volunteers logged 295 hours.

The four week ASB program built 8480 feet (1.6 mile) of trail in the Graysville section. An additional 1667 feet of trail toward McGill Creek from the Roaring Creek parking area was built as was 491 feet of access trail from the Roaring Creek parking area to the roadway bridge. Trash was bagged from the areas around Roaring Creek and from the trail corridor.

Thanks to all the support for the 20<sup>th</sup> Annual ASB program. We could not host a successful program without the support of the Tennessee Department of Conservation, the Cumberland Trail State Park Manager and rangers, our staff, our volunteers and our sponsors.

If you missed the opportunity to work with others to build the Cumberland Trail during BreakAway, the next program is the Spring Big Dig.

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**Spring “Big Dig”: May 4th – June 11th, 2016  
Wednesdays through Saturdays**

We will be building a 7 mile segment of the Cumberland Trail in Crab Orchard off Hebbertsburg Road. Everyone is welcome to volunteer to their ability. Food and lodging will be provided to those that are interested. Daily Work Site Location: Locations will vary as construction continues, contact CTC office for updated work site locations, directions and parking areas. Lodging: Eden Ridge Camp, 4866 Hebbertsburg Road, Crab Orchard, TN 37723. 2- 4 person bunks rooms with adjoining kitchen, additional area for cots or a rustic camping area along Daddy’s Creek.

Job Opening - Trail Building Assistant (Trail Crew Member)  
Base Locations: Crossville and Dayton  
Work Week: Part-time/ Average 2 – 3 days per week which includes some weekend work. Qualification: Community member who loves to build trail.

Contact CTC Office: 931-456-6259 or [ctcoffice2014@gmail.com](mailto:ctcoffice2014@gmail.com).

**Save the dates: Fall “Big Dig” September 14th –  
October 22nd, 2016 Wednesdays through Saturdays**

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## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** Ken Johnson 931-802-6343  
*clarksville@tennesseetrails.org*

**CHAPTER VICE-CHAIR:** Lili Ball 931-552-2773  
*clarksville@tennesseetrails.org*

**TREASURER:** Mary Schwab 931-645-9068  
*clarksvilletreas@tennesseetrails.org*

**SECRETARY:** Donna Burdick 931-220-8497  
*clarksvilleasec@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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**May 7 - Stones River Greenway from Wave Country Trailhead to Kohl's Trailhead. 4.9 miles. Easy.** Add 0.5 miles if you want to walk across the Cumberland River Pedestrian Bridge. Paul Schwab 931-801-9484. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 52 miles to trailhead.

**May 14 - Rotary Park, Clarksville. 2 hours. Moderate.** Renate Gillis 931-648-1448. Meet 8:00 am CT, first shelter on left after entering park.

**May 17 - Monthly Chapter Meeting.** Ken Johnson 931-802-6343.

**May 21 - Nathan Bedford Forrest State Park, Orange trail, 5 miles, moderate to difficult, and the New Johnsonville State Natural Area, Redoubts Loop Trail, 4 miles, moderate.** Bob Lyon 931-648-2354. Meet 7:30 am CT, BigLots parking area, Riverside Drive, Clarksville. 73 miles to trailhead.

**May 28 - Red River Canoe Trip.** We will float from Adams to Port Royal 6.72 miles. It should take from 3 to 5 hours; \$45 per canoe for the first two people, third and fourth in that canoe \$10 each additional. Bob Lyon 931-648-2354. Meet 8:00 am Port Royal State Park parking area, Adams, TN.

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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** Garnett Rush 865-268-5181  
*eastregional@tennesseetrails.org*

**Dyer County** Margaret Dixon 901-603-7680  
*westregional@tennesseetrails.org*

**Northwest** Margaret Dixon 901-603-7680  
*westregional@tennesseetrails.org*

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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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Hike information unavailable at press time.

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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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**May 7 - Middle Prong Trail to Indian Flats Falls, GSMNP.** This hike will be along Lynns Camp Creek and is rated moderate. The trail gains about 1100 feet and is on an old railroad bed with about a 5.5 percent grade. At about mile two we will see an old vehicle, not much left of it. According to someone who worked at the CCC camp the vehicle is an old Cadillac that belonged to the supervisor and when it quit running it was pushed off the road and left to rust away. At about mile three are the remains of the Middle Prong CCC Camp. The one-way distance to the falls is slightly less than 4 miles. For carpooling, we will meet at Central Baptist Church in Bearden and leave there at 8:30 am ET. Another meeting place will be in Maryville's Brown's Creek Shopping Center parking lot nearest the Sonic and we will leave there at 9:00 am ET. Be sure to bring snacks, drink, and dollars for carpooling. Please pre-register with Rosie at 865-951-8317 or *mrosemary04@gmail.com*.

**May 21 - Spence Field. 9.5 miles. Difficult.** This hike starts at Big Spring Cove on Laurel Creek Road at the Lead Cove trailhead. We will hike 1.8 miles with a significant elevation gain to the junction with the Bote Mountain trail. We will then hike this trail for 2.9 miles and reach the AT which is at the edge of Spence Field. Views at Spence Field are phenomenal on a clear day. You can see Cades Cove and Fontana Dam plainly if there is not too much fog. This hike is rated difficult due to elevation gain on both trails. For more information and to register, contact Carolyn Reeves at 865-717-3528.

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## HIGHLAND RIM CHAPTER

### (Coffee and Franklin Counties)

**CHAPTER CO-CHAIRS:** Naullain Kendrick 931-224-6225  
*highlandrim@tennesseetrails.org*  
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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**May 7 - Lost Creek Overlook Trail plus a section of the Ray Branch Shoreline Trail. Tims Ford State Park, Winchester, TN. 4 miles. Easy.** This hike offers many views of beautiful Tims Ford Lake as we follow the trail over rolling hills through a hardwood forest. Bring water, snacks and lunch. Wear sturdy hiking boots. Bring hiking sticks. We will meet at 8:00 am CT at the Tims Ford State Park Visitor Center Parking Lot. Register with Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811.

**May 14 – Fiery Gizzard Hike. South Cumberland State Park. Tracy City, TN. 13 miles one way from Grundy Forest to Foster Falls. Joint hike with the Upper Cumberland Chapter.** Car shuttle required. Strenuous because of boulder fields, stream crossings and steep ascents and descents. Meet at the Grundy Forest trailhead in Tracy City at 8:45 am CT. The trail is being rerouted which may add distance and make it very strenuous. Option of a 9 mile hike using the Dog Hole Trail to return to the Grundy Forest trailhead. Bring water, lunch, snacks, headlamp and hiking boots. For information and to register contact Cindy Watson at 931-247-1459 or *cgrwatson@gmail.com*.

**May 21 – Tims Ford State Park Work Day, Winchester, TN.** Tims Ford State Park received a grant to improve Ray Branch Shoreline Trail, establish a backcountry campsite on Evans Loop on the tip of Ray Branch Peninsula and improve the island campsites. We may take a boat to our worksite! Meeting place and time and tasks will be announced later. Please register with Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811.

**May 23 – Chapter Meeting.** Dinner at 5:00 pm. Applebee's Bar & Grill, 1957 N. Jackson Street, Tullahoma, TN. Program to be announced.

## Highland Rim Chapter – con't.

**May 28 – Big Creek Gulf Hike. South Cumberland State Park, Beersheba Springs, TN. 10 miles. Moderate to difficult because of the distance and the steep, rocky descents/ascents.** Marietta Poteet will lead a hike on the Big Creek Gulf Trail. We will begin at Stone Door and descend down into the gorge. While on the trail we will take a side trip to Ranger Falls. Then we will ascend Big Creek Trail to Alum Gap and follow Big Creek Rim Trail back to Stone Door. This hike is a great hike down into the gorge, along the Big Creek, by a beautiful waterfall and up out of the gorge beside a beautiful stream. During this hike we should be able to see terrific wildflowers, rhododendrons and ferns. This is a great interesting one day hike. Bring water, snacks and lunch. Wear sturdy hiking boots. Please call Marietta at 931-924-7666 or email at *nannietta@blomand.net*.

### Planning Ahead:

**June 10-12 - Great Smoky Mountains National Park Camping and Hiking Weekend. Joint activity with the Murfreesboro Chapter.** Camping in Cosby Campground June 10 and 11. Group Campsite G003. Friday: Sutton Ridge Overlook by way of the Lower Mount Cammerer Trail. 3.6 miles out and back. 400 ft. elevation change. Easy. Views of Gabes Mountain, Cosby Valley and Gilliland Ridge. Saturday: Mount Cammerer Lookout Trail via Low Gap, Appalachian and Mount Cammerer Trails. 11.2 miles round trip, 2,780 ft. elevation change. Strenuous. Features streams, ridgeline, geologic interests, summit, spectacular views of Mount Sterling and its fire tower, the Pigeon River and Stone Mountain. Sunday: Hike to Hen Wallow Falls via Gabes Mountain Trail. Four miles roundtrip, moderate. 850 ft. elevation change. Steep side trail to Hen Wallow Falls descends 700 ft. Friday evening after our hike we will share a potluck dinner at Group Campsite G003. Saturday evening we will eat at Ruby Tuesday in Newport, TN. Please register early with Joan Hartvigsen *jhartvigs@comcast.net* or 931-962-0811.

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## JACKSON CHAPTER

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

**TREASURER:** Anne Goodson 731-664-1556  
*jacksontreas@tennesseetrails.org*

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

**OUTINGS COORDINATOR:** Glen Rognstad 731-217-5966  
*jacksonhikes@tennesseetrails.org*  
*(call Glen & volunteer to lead an outing)*

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

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### May 3 - Chapter Meeting.

**May 21** - We will walk one or more of the loop trails at **Nathan Bedford Forrest State Park**. Two route choices will be available, around 5 miles or 8 miles in length. Howard Ropp will be your hike leader, together with Susan Woods. Howard can be reached at *howardropp1@gmail.com* or 731-693-4248. If you are going, please meet at Panera at 8:00 am or arrange to meet us at the interpretive center at the park, located at the top of Pilot Knob.

### Planning Ahead

**Jun 25 - Canoe the Buffalo River**

**Jul (TBD) - Hike Cummins Falls**

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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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**May 7 - Herb Parsons Lake State Park, Fisherville.** Here's an easy 6-mile hike around the lake and through the woods. Meet at 9:30 am at the lake and bring snacks and water. Rain will cancel. For questions contact Janet at 901-761-0705.

**May 14 - Lucius Burch Natural Area, Wolf River Trail North of Walnut Grove.** Join us for a loop hike - relatively flat, approximately 6 miles - along the Wolf River and through a hardwood forest. Bring water and a snack if desired. Hiking boots recommended. We will meet for registration and announcements at 9:00 am 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 Marion at 901-482-8640 for information. We will be departing the parking lot promptly at 9:15. Cancelled in the event of rain.

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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*

**PROGRAM COORDINATOR:** Valerie Galan 615-516-6441  
*murfreesboroprogram@tennesseetrails.org*

**HIKE COORDINATOR:** Jennifer Zahn 615-943-8853  
*murfreesborohikes@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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**May 7 - Machine Falls Trail, Short Springs State Natural Area, Tullahoma, TN.** This 1.6 mile trail leads to beautiful views of Machine Falls. The trail is rated moderate only due to the hike to the bottom of the falls which can be on very thin trail, depending on water level of the river. Bring water and snacks and wear good hiking shoes. After the hike we will go to a local restaurant for lunch. Contact Jennifer Zahn at 615-943-8853 or *jenzahn@gmail.com* for more information.

**May 9 - Chapter Meeting. 6:00 pm. NOTE TIME CHANGE.** This will be our planning meeting for July-December hikes. Bring your calendar to schedule hikes you want to lead or ideas for hikes. Bring a finger food to share and drinks will be provided. If you want to schedule a hike and cannot attend, contact Jennifer Zahn before the meeting at *jenzahn@gmail.com* or phone (615) 943-8853.

**May 21 - Cheeks Bend.** Part of the Duck River State Natural Area Complex. The 1.8 mile balloon trail has scenic overlooks of the Duck River. The trail is relatively flat, so would be rated easy. There is also a short cave that leads to an overlook bluff. Bring water and snacks and wear good hiking shoes. After the hike we will go to a local restaurant for lunch. Contact Jennifer Zahn at 615-943-8853 or *jenzahn@gmail.com* for more information.

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### Don't Miss an Outing Plan Ahead Register Early!

Our hike coordinators are volunteers. Make it easier for them to contact you if a hike needs to be cancelled by registering!

There are times when a hike leader must limit the number of participants (due to park regulations, etc.) on an outing. Please do not wait until the afternoon or evening before the outing to RSVP.

*Plan ahead and register early.*

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## NASHVILLE CHAPTER

**CHAPTER CHAIR:** Doug Burroughs 615-283-0507  
*nashville@tennesseetrails.org*  
**OUTINGS COORDINATOR:** Nancy Juodenas 615-319-8811  
*nashvillehikes@tennesseetrails.org*

*(email Nancy & volunteer to lead an outing)*

**MEETS MONTHLY:** 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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**May 1 - Nashville Urban hike. Downtown Nashville. 4 miles. Easy.** We will meet at 1:00 pm in Lot R near the south end of Nissan Stadium near the river. Lot R is easily accessible from I-65/I-24 via Exit 84 (Shelby Avenue). Yellow signage helps direct cars to Lot R. [www.parkitdowntown.com](http://www.parkitdowntown.com) has parking maps available, and it is number labeled 141 on that map. The hike will proceed along East Bank Greenway and cross the Seigenthaler pedestrian bridge. Once downtown we will briefly walk past the honky-tonks on Broadway and then turn up 5<sup>th</sup> Avenue South. We'll hike uphill and over to Rutledge Hill where many interesting sights await. Then we'll cross Hermitage Avenue to the Rolling Mill Hill Greenway, which offers a view of the Cumberland River. We'll follow the hill down towards Ascend Amphitheater, which is nicely landscaped, then double back slightly in order to cross the river via the Korean Veteran's Blvd., to arrive at our starting point. Total mileage is about 4 miles. For more information and to register e-mail or call Tom Vickstrom at [tomzinger55@gmail.com](mailto:tomzinger55@gmail.com) or 615-405-6713.

**May 7 - Pinson Mounds State (Archaeological) Park, near Jackson, TN. Less than 6 miles. Easy.** Two hours west of Nashville. This 1300 acre park contains 17 Native American mounds from the Middle Woodland period. There are six miles of flat trails with many interconnections, so we probably won't do all of them. Option for after the hike: Locate some West Tennessee barbeque. For more information and to register, contact Doug Burroughs at [dougburroughs@tennessee.usa.com](mailto:dougburroughs@tennessee.usa.com) or 615-587-0085.

**May 14 - Grundy Lakes and Grundy Forest Day Loop, near Tracy City. 3.5 total miles. Easy.** Grundy Lakes is the site of the Lone Rock Coke Ovens where locally mined coal was converted to coke using convict labor until 1896. The coke ovens remain as a historic reminder of these times. The trail circles the largest of the four lakes and loops by remains of the Coke Ovens. This trail is 1.5 miles and rated easy. After lunch at the Dutch Maid Bakery in Tracy City we will travel to the Grundy Forest Day Loop Trailhead. This short day loop gives an introduction to the Fiery Gizzard area, passing by small cascades, old CCC camp remains, and a couple of nice swimming holes. It meets up with the more difficult and dramatic Fiery Gizzard Trail midway through the loop. This trail is 2 miles and is rated easy. You will need to bring money for lunch, sturdy walking shoes, and water. For more info and to register, contact Libby Francis, [libbyslibbys@comcast.net](mailto:libbyslibbys@comcast.net) or .615-319-7501.

## Nashville Chapter – con't.

**May 24 - Annual Chapter Picnic. Shelter 10 at Edwin Warner Park, Nashville, TN. 4:00 pm CT until sunset.** Following a pot luck meal at 6:00 pm, we'll take a twilight hike. The chapter will provide tableware, napkins, and ice; but we encourage you to bring your own non-disposable "mess kits" as a more sustainable alternative. Your camping lanterns will be welcome since the shelters aren't lighted. For the twilight hike, you will want a flashlight or headlamp. Bring friends! This is the only chapter meeting that also includes a hike, so encourage your friends who've been thinking about hiking. Directions from Nashville: Drive west on West End/Harding Rd. Turn left at the 100/US 70S "split" in Belle Meade. You will be on Highway 100. Continue on Highway 100 for 3.2 miles and turn left on Old Hickory Blvd. Drive 0.7 miles over the ridge and turn right on Vaughn Road at the traffic light. In about 0.3 miles, turn right into the Edwin Warner Park Picnic Area. Shelter #10 is almost at the end. When you see a permanent rest room building, turn left and then left again at the fork immediately following. For more information, contact Doug Burroughs at [dougburroughs@tennessee.usa.com](mailto:dougburroughs@tennessee.usa.com) or 615-587-0085.

**May 27-28 - Cumberland Mountain State Park car camp and 3 waterfalls outing. Crossville, Rockwood, Spring City.** Friday: up to 8 miles, moderate. Saturday: total of 5.5 miles moderate, with some difficult footing, descents and ascents. A campsite reservation has been made at Cumberland Mountain State Park for the night of the 27th (Friday). The campsite can accommodate 7 people but only two tents. (Although we might be able to get away with 3 if the tents are small.) Friday afternoon, we will hike the trails at the park. Saturday morning we will depart from the park and begin our waterfall excursion. The first stop will be the 110 foot Ozone Falls. It is a 1 mile total descent and ascent down to the waterfall and back to parking area. ([www.tn.gov/environment/article/na-na-ozone-falls](http://www.tn.gov/environment/article/na-na-ozone-falls)). Next, we'll continue driving east on Hwy #70 to The Mt. Roosevelt Overlook with views of Watts Bar Lake and the Smokies. Continuing on our jaunt we will intercept Hwy. #27 and drive south towards Spring City, turning onto Shut-in-Gap Rd. for 5 miles to Stinging Fork State Natural Area. We will hike the 2 mile round trip to the bottom of Stinging Fork Falls (30 ft.) and back. ([www.tn.gov/environment/article/na-na-stinging-fork-falls](http://www.tn.gov/environment/article/na-na-stinging-fork-falls)). Last but not least, on our list is Piney Falls State Natural Area. These falls consist of an upper fall for 80 ft. and a lower fall for 40 ft. ([www.tn.gov/environment/article/na-na-piney-falls](http://www.tn.gov/environment/article/na-na-piney-falls)). This round trip hike is 2.5 miles. Finally, we will head back to the state park to pick up any cars left there, and head back to Nashville. If you don't want to camp, you are still welcome to meet at the park for Saturday's excursion. For more information and to register call or e-mail: Nancy Juodenas, 615-319-8811, [njlj1011@gmail.com](mailto:njlj1011@gmail.com).

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## PLATEAU CHAPTER

### (Crossville)

**CHAPTER CHAIR:** Cheryl Heckler 931-200-7436  
*plateau@tennesseetrails.org*  
**TREASURER:** Bill Quattrociocchi 931-484-4230  
*plateautreas@tennesseetrails.org*  
**MEETS MONTHLY:** 2nd Thursday at 6:00 pm CT  
**BLOG:** [www.tennesseetrails.org/blog/plateau](http://www.tennesseetrails.org/blog/plateau)

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There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information, Primary Contact: Bruce Whitehead at [trailwalker80@gmail.com](mailto:trailwalker80@gmail.com) or 941-716-3620. Secondary Contact: Bill Harris at 931-484-9152 or visit the Plateau Chapter Blog at <http://ttaplateauchapter.blogspot.com>. Check blog for cancellations or changes before hiking.

**May 7 – Bald River Falls, Tellico Plains.** This is a moderate 6 mile hike from the Holly Flats Campsite on Forest Road 126 back to Bald River Falls. Plan for a long car shuttle. If there is enough interest, we can have dinner at Bradley's Barbeque near Sweetwater. Wear boots; bring water, lunch and snacks. Depart at 8:00 am CT from Trinity Tabernacle Church on Highway 127 South in Crossville. For more information and to register, contact Bill Harris at 931-484-9152.

**May 19 – Plateau Chapter Cookout at Meadow Park Lake from 5-7PM.** Meal will start around 5:30 pm. Bring your own meat to grill, and covered dish or dessert to share. Charcoal grills will be ready for grilling by 5:00 pm. Plates, plastic ware, cups, napkins, coffee and iced tea will be provided. Contact Carol Quattrociocchi at [Quattrociocchi@frontiernet.net](mailto:Quattrociocchi@frontiernet.net) or 931-484-4230 or Chapter Chair, Cheryl Heckler at [thehecklers@charter.net](mailto:thehecklers@charter.net) or 931-200-7436 for additional information.

**May 21 – Ramsey Cascades, GSMNP.** Depart from Vanity Fair at 8 am CT. Strenuous 8 mile round-trip hike to Ramsey Cascades, the tallest waterfall in the park and one of the most spectacular dropping 100 feet over rock outcroppings and collecting in a small pool. The trail to the waterfall gains over 2,000' in elevation over its 4 mile course and follows rushing rivers and streams for much of its length. For the 2 miles before reaching the waterfall, the trail passes through an old-growth cove hardwood forest with large tulip trees, basswoods, silverbells, and yellow birches. Wear hiking boots and bring water and lunch. Contact Cheryl Heckler at [thehecklers@charter.net](mailto:thehecklers@charter.net) or 931-200-7430 to register and for additional information.

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## SODDY-DAISY CHAPTER

**CHAPTER CO-CHAIRS:** Ed & Donna Pyers 423- 344-9271  
*soddydaisy@tennesseetrails.org*  
**HIKE COORDINATOR:** George Bonneau 423-842-3619  
*soddydaisyhikes@tennesseetrails.org*  
**TREASURER:** Bob McGavock 423-843-4646  
*soddydaisytreas@tennesseetrails.org*  
**MEETS QUARTERLY:** 1st Tuesday in Jan, Apr, Jul, Oct at  
6:00 pm ET at Burk's United Methodist Church, 6433  
Hixson Pike, Hixson  
*Additional information may be seen at our web site:*  
<http://www.tennesseetrails.org/blog/soddydaisy>

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**May 3 - Greenway Farms. Approximately 4 miles. Easy.** Meet at parking lot across from dog lot at 9:00 am. Hike leader: Gail Stokes 423-756-8219.

**May 7 - Hwy 111 to Big Soddy Gulf. Approximately 7 miles. Moderate.** Will stage vehicles. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: Gregg Phillips 423-838-1069.

**May 10 - Stringer's Ridge. Approximately 4 miles. Moderate.** Meet at Spears Avenue parking lot at 9 am. Hike leader: Gail Stokes 423-756-8219.

**May 14 - Retro Hughes Trailhead to Rock Creek Overlook and back. Approximately 9 miles. Strenuous.** Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: John Politte 423-304-8327.

**May 17 - White Oak Mountain at Collegedale. Moderate. Approximately 4-1/2 miles.** Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: Donna Pyers 423-344-9271.

**May 21 - Retro Hughes Road to Imodium Falls and back. Approximately 9 miles. Strenuous.** Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: John Politte 423-304-8327.

**May 24 - Mowbray Pike to Sluder Lane. Approximately 5 miles. Moderate.** Will stage vehicles. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: Bob McGavock 423-667-2960.

**May 28 - Sluder Lane to Big Soddy Creek and back. Approximately 7 miles. Strenuous.** Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: Gregg Phillips 423-838-1069.

**May 31 - Heiss Mountain to Possum Creek and back. Approximately 3 miles. Moderate.** Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: Bob McGavock 423-667-2960.

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# SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Sally Ticaric 615-218-1086  
Bob Crouch

*sumner@tennesseetrails.org*

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

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**Month of May** - The Sumner County Health Department is sponsoring a month long program to raise awareness of our local Greenways. Check the website *healthysummer.com*. Look for the **Greenway Tour 2016** for details. If you need additional information, call Hal Hendricks 615-206-1112. Pop-up hike anyone?

**May 2 - Chapter Meeting.** Our guest speaker Rick Lausten of the Columbia Franklin Chapter of TTA will talk about the 186 mile Pembrokehire Coastal Path hike that he did in Wales in September and October of 2015 .Wales is a fascinating area of Britain that is steeped in history with Norman castles, quaint villages, rugged terrain, grey seals and scenic vistas. Rick's program is about an hour. Guests are always welcome at our meetings so invite family and friends to come with you, arrive a few minutes early to visit with others, and then be entertained and enlightened by Rick's presentation. 7 pm CT at First United Methodist Church, 217 East Main St., Hendersonville.

**May 20 - Radnor Lake State Natural Area.** This hike is easy to moderate with a portion difficult. We will be doing the Ganier Ridge Trail and the Lake Trail approx. 4 miles total. If you do not want to do the more difficult Ganier Ridge you can opt to just do the Lake Trail. We should see abundant wildlife and maybe some spring wildflowers at this beautiful Park. There may also be some waterfowl and woodland bird sightings on these gorgeous well maintained trails. Wear your hiking boots and bring hiking poles, water and snacks. After the hike we will eat lunch at Vittles restaurant. Meet at the First Presbyterian Church in Hendersonville at 9:00 am CT for carpooling/directions or at the Visitor Center near the West Parking Lot off Otter Creek Rd. Please contact the hike leaders if you plan to meet us at the visitor center. For more info contact Lea Whitton at 615-289-4842 or *whittonm@realtracs.com* or Millie East at 615-285-0767 or *mil412@att.net*.

Sumner Trails Chapter – con't.

Looking ahead:

**June 4 - National Trails Day White House Greenway "Hike With The Mayors". 4 miles. Easy.** County Executive Anthony Holt and White House Mayor Mike Arnold will lead a 4 mile walk on the White House Greenway. This hike is sponsored by Sumner Trails Chapter and the Hendersonville Rotary Club to commemorate National Trails Day. Since 1993 the first Saturday of June has been known as National Trails Day, encouraging the public nationwide to seek out, discover, learn about, and celebrate America's Trail system. National Trails Day was begun by the American Hiking Society. Sumner County continues with the development and construction of trails that will ultimately connect parts of the County, providing safe and healthy opportunities for residents and guests. The White House Greenway is paved so you won't need your boots for this one. Meet in the parking lot of White House High School at 10 am CT. For carpooling from Hendersonville meet at First Presbyterian Church at 9:15 am CT. For further info contact Millie at *mil412@att.net* or Owl at *ballallenger@aol.com*.

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## SUBMITTING HIKE INFORMATION

When submitting monthly hike listings, please include the following information:

Date, trail name, location (Park, City, State), mileage, rating (easy, moderate, etc), hike description (what you may expect to see, elevation changes, obstacles that affect the hike rating), what to wear or bring, meeting time and location, and hike leader's contact information. Please identify any hikes that are multi-chapter events. Please DO NOT format the submissions (avoid bold, italics, underlining or colored text), as this slows the editorial process.

Hike descriptions are strongly encouraged, but not mandatory. A good hike description can encourage members (and prospective members) to try a new hike, but also alerts prospective hikers to outings that may be unsuitable for their level of expertise or fitness.

All submissions should be made by e-mail to *editor@tennesseetrails.org*. This e-mail address is automatically copied to our webmaster. All submissions MUST be received by the 10<sup>th</sup> of the month PRIOR to the hikes (I.e. February hike listings must be submitted by January 10) in order to be included in the newsletter. Late submissions will be updated on the TTA website, but have no guarantee of inclusion in the newsletter.

We will also be glad to print any hike reports, general chapter news and hike or event photographs as space permits.



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 ARE LISTED WITHIN EACH CHAPTER'S HEADER

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## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

**CHAPTER CO-CHAIRS:** Louise Miniard 931-239-5425  
 Jennifer Carroll 661-369-6619  
*uppercumberland@tennesseetrails.org*

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

**May 7 - Charlie's Bunion, Great Smoky Mountains National Park, Gatlinburg, TN.** Our hike begins at Newfound Gap and will follow the Appalachian Trail to Charlie's Bunion, a huge rock outcrop with views all around. There will be an optional side-trip to the Jump-Off. The hike is 8 miles (9 with the Jump-Off) and is rated moderate to strenuous due to the uneven and rocky terrain. Bring snacks, headlamp, water, and lunch. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT. For information and to register contact: Gary Kimbrell at 931-215-9520 or [Gary.Kimbrell@fbitn.com](mailto:Gary.Kimbrell@fbitn.com).

**May 14 - Fiery Gizzard, South Cumberland Recreation Area, Tracy City, TN.** This hike begins on top of the plateau within Tracy City then immediately descends into a beautiful old growth hemlock forest at the head of the gorge of Fiery Gizzard Creek. There are lots of impressive rock formations in the area. Later, the trail enters younger forest and ascends further down the creek to an overlook at Raven Point. Those wanting a shorter hike can return to the beginning via the Dog Hole Trail for a total hike of about 9 miles. The Fiery Gizzard Trail continues mostly on top of the plateau through gently rolling oak forest, reaching Foster Falls at the southern end (at about 13 miles). There are modifications being made to the trail, so this could add extra length and make it extremely strenuous. The trail is rated strenuous for the rocky, uneven terrain and the distance covered. Bring water, lunch, snacks, headlamp, and hiking boots. You can meet us at the Penney's parking lot in Cookeville at 7:00 am CT or at the US Bank across from McDonald's in Sparta at 7:30 am CT, or at the trailhead at 8:45. For information and to register contact: Cindy Watson at 931-247-1459 or [cgrwatson@gmail.com](mailto:cgrwatson@gmail.com).

### Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
May 10 .....	Jun 1
Jun 10 .....	Jul 1
Jul 10 .....	Aug 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**

May 16

**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 Trails 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 (Inactive)  
\_\_\_ Dyer County (Inactive)  
\_\_\_ East TN (Oak Ridge/Knoxville)  
\_\_\_ Highland Rim (Manchester/Tullahoma)  
\_\_\_ Jackson  
\_\_\_ Memphis  
\_\_\_ Murfreesboro  
\_\_\_ Nashville  
\_\_\_ Northwest (Inactive)  
\_\_\_ 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 partner organization (CTC) and associate organization (TRAC). (3) Annual Membership Directory, listing members by chapter and how to reach them. You are invited to attend any number of monthly meetings scheduled, where you will enjoy diverse programs, socializing and refreshments. In addition, our annual meeting is held in the fall at one of Tennessee's many parks for a weekend of hiking, camaraderie and programs, in addition to learning about the progress and plans of the organization.

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