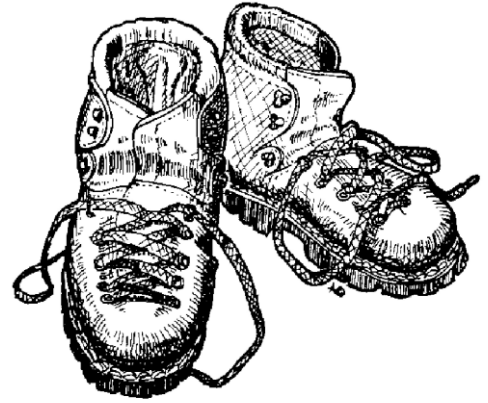


TENNESSEE TRAILS

THE MONTHLY NEWSLETTER OF THE TENNESSEE TRAILS ASSOCIATION

Mission: To promote, construct and maintain a statewide system of hiking trails, and to work for the conservation of natural resources inherent to this objective.

SPONSOR FOR THE CUMBERLAND TRAIL



Southeastern Foot Trails Coalition

Winter Hike Week
Jan 18 - 22, 2017
Music Road Inn in Pigeon Forge

The Southeastern Foot Trails Coalition will hold their annual Leadership Conference meeting and winter hiking event this coming January 18-22, 2017 at the Music Road Inn in Pigeon Forge Tennessee. The hiking component of this event is meant to continue the winter hiking tradition popularized for 25 years by Wilderness Wildlife Week, an annual winter event, now being held in May due to winter scheduling conflicts. The appeal of winter hiking in the Smokies, although not for everyone, has a sizeable following and SEFTC is glad to resurrect this winter hiking opportunity. Building upon our Biennial Conference this year, SEFTC will be offering multiple hikes daily, beginning Thursday, running through Sunday.

What is the Southeastern Foot Trails Coalition?

The Southeastern Foot Trails Coalition (SEFTC) seeks to promote and protect the long-distance foot trails in the Southeast and to connect trails and their natural trail corridors by building a regional trail system and an active network of hiking organizations.

To learn more about the Winter Hike Week and the Southeastern Foot Trails Coalition go to:
<http://southeastfoottrails.org/>.

President's Corner

Thanks to the Memphis and Jackson chapters for hosting the 2016 Annual meeting at Pickwick Landing State Park. Hosting the annual meeting takes a lot of planning, coordination, and just plain hard work and we appreciate their time and effort.

TTA could not host our annual meeting without the volunteer involvement of the hosting chapters, the hike leaders, the silent auction donors and the bidders, and the TTA members who travel to attend the meeting. This year the funds raised were designated for the TTA Evan Means Grant program.

The Evan Means Grant program was established in February 1999 to honor Evan Means, one of the founders of TTA. This program funds trail related projects across the state and is open to TTA chapters, as well as to other non-profit, volunteer based organizations. For 2016, we budgeted \$5,000. Grant amounts should normally be in the range of \$300-\$600, but larger requests will be considered. Some of the past projects funded by the Evan Means grant program include: Cumberland Trails Conference Alternative Spring Break, Friends of the South Cumberland Fiery Gizzard Trail Reroute, WATer trail projects at Tellico Reservoir, Friends of Short Springs State Natural Area – Bobo Creek Bridge, and Black Mountain Stair Repair.

Our normal cycle is to accept grant requests during the fourth quarter of each year, and then announce the awards the following February; however, requests may be considered at other times throughout the year. If you are planning or coordinating a trails project in your area, now is the time to be submitting a request for funding for the 2017 grant cycle.

The website has a grant application. Alternatively, you may e-mail grants@tennesseetrails.org or Bob Richards at Trailbob51@outlook.com for more information or to request an application.

Happy Trails,
Carolyn Miller
TTA President



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
Website: www.cumberlandtrail.org

Spring Breakaway 2017: March 4 – April 7. It's never too early to sign up to volunteer for BreakAway. Twelve (12) schools have signed up (approximately 184 students!), some returnees as well as new additions such as State University of New York, University of Alabama, Winthrop University SC and Franklin Pierce University. Don't miss your opportunity to be part of adding the feet to the miles of the CT. Lodging and food at Fort Bluff Camp in Dayton is provided by CTC, all we need is YOU! Stay for the week, one night or daily only, any and all time contributed is appreciated. Contact: Marianne at CTC Office: 931-456-6259 or email ctcoffice2014@gmail.com for more information.

Job Openings (Crew Member) - Like to work outside? Want a challenge? Want to make a difference? If the answer is yes, yes and yes, then come work on the Cumberland Trail! CTC is currently looking for 3 enthusiastic part-time trail building assistants. Base location is **Dayton, Tennessee** and the schedule is **4-5 Days/Week** (Tuesdays-Saturdays). Pay is **\$10/hr.** and opening starts immediately. Contact the CTC office 931-456-6259 ctcoffice2014@gmail.com for more information.

1ST CUMBERLAND TRAIL COMMUNICATIONS MEETING

On September 27th, representatives from the Justin P. Wilson Cumberland Trail State Park, Tennessee Department of Environment and Conservation, Tennessee Trails Association Plateau Chapter, Friends of the Cumberland Trail, Friends of Trails Fairfield Glade and Cumberland Trails Conference crowded around the small conference room at the CTC office. The goal of the morning was to make introductions, discuss the programs of each organization and look for ways to improve communication, efficiency and relationships regarding the construction, management and support of Tennessee longest state park.

Cumberland Trails Conference – con't.

Ranger Jordan Sikkema led the discussion with upcoming initiatives on the State Park side to manage long term maintenance of the trail, such as an online reporting forum for needed and completed work on adopted sections. Following that were presentations on other ongoing projects and programs across the room, from the Corridor Resources Program, CT license plate, trail building workshops, media outreach and individual organization resources.

The Communications Committee hopes to keep the dialogue open and continue to look for ways to use each other's strengths in developing the Cumberland Trail. The next meeting is set for some time in December.

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
clarksvillesecy@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-645-9068
clarksvillehikes@tennesseetrails.org

(call Paul & volunteer to lead an outing)

MEETS MONTHLY: 3rd Tuesday at 6:00 pm CT,
Crow Community Center, 211 Richview Rd.

Additional information may be seen at our web site:

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

Nov 5 - Overnight LBL, Fort Henry Trail System. 9.5 miles to campsite. Moderate. 5.5 miles back to cars. Moderate. J.R. Tate 931-378-6559. Meet 8:00 am CT, Kroger parking area, Dover Crossing Road, Clarksville. 35 miles to trailhead.

Nov 12 - Long Hunter State Park Volunteer Trail. 11 miles, out and back. Moderate. Kathy Robinson 931-216-5797. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 58 miles to trailhead.

Nov 15 - Monthly Chapter Meeting.

Nov 19 - Meriwether Lewis Park (Natchez Trace Parkway), Hohenwald, TN. Foot trail. 6 miles. Moderate. Suva Bastin 931-645-2849. Meet 8:00 am CT, Big Lots Parking Lot. 86 miles to trailhead.

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: Carolyn Watson 901-652-9089
columbia@tennesseetrails.org
HIKE COORDINATOR: Jane Coffey 615-516-6551
columbiahikes@tennesseetrails.org

MEETS MONTHLY: 1st 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.

Please check the TTA website for updates on our hikes.

Nov 5 - South Cumberland State Park, Monteagle, TN. South Cumberland State Park is located within four different Tennessee counties: Grundy, Franklin, Marion and Sequatchie. The Savage Gulf and Stone Door areas of the park offer approximately 55 miles of hiking to remarkable vistas, waterfalls and historical locations such as the Stage Coach Road. The Great Stone Door is an impressive cliff line overlooking the Savage Gulf. It gets its name from a crack in the cliff that runs from the top to the bottom that looks like a door left slightly ajar. This is one of the many ways to access the gulf below. The planned hike is the rim at Savage Gulf. Please contact Robert Consalvo if you plan to attend. Those from the Columbia/Franklin Chapter should plan to meet at Tollgate Medical Plaza north of 840 on Highway 31 at 7:00 am. If other groups would like to join the Columbia/Franklin group at the trailhead, simply contact Robert Consalvo to let him know. Robert Consalvo 615-519-5584 *rconsalvo@aol.com*.



EAST TN CHAPTER (Oak Ridge / Knoxville)

CHAPTER CHAIR: Rosemary Marshall 865-985-9144
easttennessee@tennesseetrails.org
WEBMASTER: Sherry Barber 865-209-6189
sbarber6189@comcast.net

Nov 5 - Bald River Falls Trail. 11 miles. Moderately difficult due to length The trail begins in the parking area to the left of the Bald River Falls. The portion leading up to the picnic area at the top of the Falls is paved. Once you reach the top of the ridge, the trail levels out and follows the river to where it flows under FS126. Shortly before this there is a small waterfall/large cascade, a nice place for lunch. It is 4.8 miles to this point and about 5.6 miles to the FS126. The total elevation gain is about 500 feet, a gentle but somewhat long hike. We will meet in the Central Baptist Church of Bearden parking lot for carpooling and leave at 8:30 am ET and stop at the Walmart Supercenter, South of Maryville on US 411 meeting at the front of the parking lot nearest US 411 and leave there at 9:15am ET for those who would prefer to meet there. We recommend shoes to wear to and from the hike, plus sturdy hiking shoes, other weather appropriate clothing, a snack, a drink and a camera. Don't forget \$\$\$ for carpooling. No need to pre-register but for any questions, just contact Tom Cressler at *cressler@utk.edu*.

Nov 12 - Laurel Falls Trail/Little Greenbrier Trail to Metcalf Bottoms plus picnic. Moderate. About 7 miles. Meet at Brown's Creek Shopping Center (by the highway up from Food Lion) in Maryville to carpool at 8:00 am ET or meet at Metcalf Bottoms Restrooms at 8:30. We will shuttle to Laurel Falls Parking Area. We will hike 1.3 miles to the most popular falls in the Smokies. Robby Paul will be hiking to the falls and return to the parking area if there are those who would like to do the shorter version, and return to relax at Metcalf Bottoms. For those continuing the hike, at 3.1 miles we will turn onto Little Greenbrier Trail and be hiking down in elevation. We will stop by Walker Sisters' Cabin and Little Greenbrier Schoolhouse. We will continue to Metcalf Bottoms parking/picnic where a table will be set up with tablecloths and a balloon to indicate our site. We will bring hotdogs, buns, condiments, and paper goods. Please bring your drinks and a dish to share. As always, bring \$\$\$ for carpooling, chair if you wish to relax later, shoes to wear to and from the hike, plus sturdy hiking boots and water/snack. Karen Towle/Robby Paul Co-leaders. Contact Karen Towle at 865-254-2044 or *delicadeze@aol.com*.

Nov 26 - Maryville/Alcoa Greenbelt. 8 miles. Easy. Too much turkey and pie? Meet at 9:00 am in the parking lot for Sandy Springs Park on Best Road in Maryville. This is an in and out paved trail that circles the lake behind the library, runs beside Pistol Creek and crosses the bridge over Hwy 129 bypass (quite exciting). We will stop at Vienna Coffee for refreshments. Wear good walking shoes, bring water and snacks. For more information and to register contact Garnett Rush at 615-210-0660 or e-mail *rushga01@yahoo.com*.

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: 4th Monday at 7:00 pm CT at the D. W. Wilson Community Ctr., 501 N. Collins St., Tullahoma.

Nov 4-6 – Annual Friends of Tennessee State Parks Conference. Fall Creek Falls State Park. Spencer, TN. Workshops on fundraising, trail building, networking and other topics to help our State Parks and Natural Areas. Meet volunteers and staff from State Parks across the State and catch up on all the exciting news about our State Parks. Go on a guided hike at Fall Creek Falls State Park Saturday afternoon. For more information contact Joan Hartvigsen, *jhartvigs@comcast.net* or 931-962-0811.

Nov 12 – Blue Beaver Trail up Lookout Mountain to top of Point Park. Chattanooga, TN. Beginning from the southern end of Reflection Riding, the hike is 5.5 miles one way. Elevation change of 1,500 ft. Strenuous. Car shuttle required. We will meet at the Monteagle Elementary School to form a carpool. After the hike we will have dinner in Chattanooga. Contact Naullain Kendrick at *naullain@hotmail.com* or 931-224-6225 to register. The trail's name refers to Union Soldiers (wearing blue uniforms) cutting down trees (beavers) as they hiked up Lookout Mountain during the Civil War. Bring water, snacks and lunch. Wear sturdy hiking boots and bring hiking sticks. Remember money for dinner in Chattanooga.

Nov 19 – Eat-Hike-Eat. Sewanee Perimeter Trail, Sewanee, TN. About 5 miles. Easy. Let's meet at the Blue Chair Restaurant in Sewanee at 9:00 am for breakfast. We will leave for the trailhead at 9:30 am. We will hike a section of the Sewanee Perimeter Trail from Gate 5 to Gate 8. We will take a short detour to visit the Forestry Cabin then follow the Perimeter Trail west along the bluff to our lunch spot at Dotson Point. We will then continue to Gate 8 where our shuttle vehicle is parked. Bring water, snacks and lunch. Please register with Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811.

Highland Rim Chapter – con't.

Nov 25 – Old Stone Fort State Archaeological Park, Manchester, TN. Traditional Day After Thanksgiving Hike with the Murfreesboro Chapter. 4 miles. Moderate due to steep climbs and eroded trails. Meet at 9:00 am CT in front of the Museum. We will hike the Old Stone Fort Trail, River Fork Loop, Backbone and Little Duck Loop and the Old River Channel Trail. We will see Blue Hole Falls, Big Falls, the confluence of the Duck and Little Duck Rivers and limestone bluffs bordering the rivers. Bring water and snacks. Hiking boots and hiking sticks are recommended. After our hike we will gather at a local restaurant for lunch. Register with Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811.

Nov 28 – Chapter Meeting. Dinner at 5:00 p.m. Red Lobster, 1947 N Jackson St, Tullahoma. Meeting is 7:00 p.m., D. W. Wilson Community Center. Rick and Deb Dreves will present a program on the Boundary Waters Canoe Area Wilderness within the Superior National Forest in northeastern Minnesota.

GUIDELINES FOR 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 10th 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.

JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293
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: 1st Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

Nov 1- Chapter Meeting. Come join us at Perkins Restaurant in Jackson at 6 pm for dinner, followed by a short meeting at 7 pm.

Nov 5 & 6 - Buffalo National River near Jasper, AR. For this weekend of hiking, two hikes are planned for Saturday: On the Goat Trail we will hike on the north side of the Buffalo River. On the Indian Creek hike we traverse a path up through the canyon, with scrambles over rocks and stream crossings, and ending in a cave and waterfall to the eye of a needle. The Indian Creek hike is rated difficult. Sunday on the way out we will hike to Kings Bluff. Suggested accommodations in the area for Friday & Saturday nights are Cliff House Inn (870-446-2292) and the Arkansas House(870-446-5900), or contact the hike leader, Glen Rognstad at *glenrognstad@gmail.com* or 731-217-5966 for other suggestions and information about Friday carpools from Jackson to the hike vicinity.

Nov 19 - Nathan Bedford Forest SP. We will walk one or more of the loop trails at Nathan Bedford Forrest State Park on the bluff of the Tennessee River. The hike leader, Susan Woods, can be reached at *woodsboob@bellsouth.net* or 731-441-8066. If you are going, please meet at Panera Restaurant in Jackson at 8:00 am or arrange to meet us at the visitor center at the park.

Looking ahead

Dec 3 - Hike in Fort Pillow SP. Hike leader is Sara Rognstad at *hakim.sara@gmail.com* or 206-553-9334

Mar 11-19, 2017 - Natchez Trace SP. Join project leader Dick McKeen, SP Ranger Greg Taylor, and volunteers from the American Hiking Society in rebuilding the Cub Lake Trail. For additional information or to register, please contact Dick McKeen at *sprucemountain@Eplus.net* or 720-469-0619.

Mar 25-26, 2017 - Smoky Mtn hike near Cades Cove. Hike organizer and leader is Jeff Chambers at *chambers.jeffreyb@gmail.com*.

MEMPHIS CHAPTER

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

VICE-CHAIR: Francis Ruffin 662-781-5034
memphisvice@tennesseetrails.org

Nov 5 – Nesbit Park in Bartlett. Meet at 8:45 am in Nesbit Park parking lot. We will hike the white trail with possible additions for a total of 6 miles. One ravine crossing is part of this trail so wear hiking boots and bring water and a snack and allow 3 hours for this hike. Nesbit Park is on Yale Road in Bartlett between Bartlett Blvd and Old Brownsville Rd on the north side of Yale. Rain will cancel this hike. Contact: Lynne at 901-230-1501.

Nov 12 - Tour de Wolf Trail, Shelby Farms.
Contact:*charlie.bright2010@gmail.com*.

Nov 19 – Lucius Burch Natural Area Wolf River South of Walnut Grove. Meet at the unpaved parking area on the south side of Walnut Grove immediately east of the Wolf River and east of the Baptist Hospital. Hike leaves at 9:00 am for a 5-mile hike on the White/Blue/Yellow Trails. Bring water and snack. Rain will cancel hike. For additional information call 901-761-0705.

Nov 26 – Chickasaw Bluff Trail, Meeman-Shelby Forest. Meet at the park visitor center at 9:00 am and bring water and snack. Hike begins with a car shuttle to the north end of the trail for a 6 to 7-mile easy to moderate hike through the forest. The trail starts at the top of the bluff and drops quickly down about 150 feet to the flood plain. The next 3 miles are quite level until we climb back up the bluff to the Woodland Shelter and connect up to the Woodland Trail then hike back to the visitor center. For information call Wayne 901-385-1988 or *w.simpson1@comcast.net*. Rain will cancel.

GO GREEN

Electronic Newsletter Available

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

MURFREESBORO CHAPTER

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

TREASURER Ann Jacobs 615-896-3935
murfreesorobrotreas@tennesseetrails.org

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

HIKE COORDINATOR: Jennifer Zahn 615-943-8853
murfreesorobohikes@tennesseetrails.org

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

BLOG: www.tennesseetrails.org/blog/murfreesboro

Nov 8 - Chapter Meeting. 6:00 pm. NOTE TIME CHANGE.

This will be our hike planning meeting for January-June 2017 hikes. Bring a finger food to share and your calendar to schedule hikes you want to lead or ideas for hikes you would like to take. Chapter will provide drinks and paper products. For information, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Nov 12- Graysville Mountain and Rock Creek Segments of the Cumberland Trail, near Chattanooga. Approximately 10 miles total. Moderate.

We will hike part of the new McGill Creek section from the Roaring Creek trailhead on Brayton Road to McGill Creek and back for a total of 4.5 miles. Then we'll drive a short distance to the Upper Leggett Road trailhead to hike the Rock Creek Gorge Loop. This 4.3 mile loop will include Rock Creek and Leggett Overlooks. We'll see beautiful views into the Rock Creek Gorge. Hawks, eagles and other birds are often seen from the Leggett Overlook. The Graysville Mountain section will eventually connect the Rock Creek segment of the Cumberland Trail. To register contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Nov 25 – After Thanksgiving Day Hike, Old Stone Fort Archaeological Park, Manchester. 4 miles. Moderate.

Join us for our annual after Thanksgiving Day hike. This joint hike with the Highland Rim chapter is a family friendly hike. We will hike the Old Stone Fort Trail, River Fork Loop, Backbone, Little Duck Loop and the Old River Channel Trail. We will see Blue Hole Falls, Big Falls, the confluence of the Duck and Little Duck Rivers. After the hike we will go to a local restaurant for lunch. Meet in front of the museum at 9:00 am CT. For carpool information from Murfreesboro or to register, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Evan Means Small Grants Program Deadline is Dec 31, 2016

In February 2017, TTA's Board of Directors will award small grants memorializing Evan Means. The grants support special volunteer projects that are compatible with the chartered objectives of TTA: *promoting and developing a system of hiking trails in Tennessee as well as working for the conservation of natural resources*. Project proposals are due no later than December 31, 2016.

All chapters are encouraged to look within their local area, identify a special trail or park project, request and submit a formal grant application for the February 2017 Evan Means Small Grant Program Award.

Grant requests in the range of \$300-\$600 are encouraged. However, if a project requires additional grant money, considerations will be made.

For additional information, please email grants@tennesseetrails.org or snail mail to:

TTA Grants Administrator
P. O. Box 41446
Nashville, TN 37204

The grant application is available on our website.

The small grants program was established in February 1999 to honor Evan Means - journalist, author, conservationist, hiker, trail builder, originator of the Cumberland Trail, and co-founder of the Tennessee Trails Association. Mr. Means won countless awards for his work over the years to protect Tennessee's natural resources and beauty, as well as for his dedication to projects that allow hikers to enjoy this natural beauty.

NASHVILLE CHAPTER

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

OUTINGS COORDINATOR: Nancy Juodenas 615-319-8811
nashvillehikes@tennesseetrails.org
(*email Nancy & volunteer to lead an outing*)

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

Nov 12 - Tennessee National Wildlife Refuge. We will make the grand loop, starting at the unit just outside Dover and continuing to the other units as time and the will of the group permit. Hiking will be perhaps 6 miles total, mostly on level terrain. Bring your binoculars! We will have access to at least one fair-sized bird blind, and previous hikes there indicate that this area is rich in bird life. Best observations occur late in the day as birds come to roost, so this hike is scheduled to provide best chances to see them. We will return via a restaurant in the Dickson area. For complete logistics contact Nora Beck, 615-517-6486 or norellibee@gmail.com.

Nov 19 - Bryant Grove Trail, Long Hunter State Park, 2910 Hobson Pike, Hermitage, TN 37076. 8 miles. Easy to moderate. This hike will begin at the trailhead in the Couchville Lake Day Use Area Two of Long Hunter State Park. The trailhead is near the playground on the right side of the parking area, and the trail heads east along the shoreline of Percy Priest Lake through cedar thickets, oak and hickory forests and cedar glades for 4 miles to reach the Bryant Grove Recreation Area, then back to the starting point. Terrain is flat and the trail surface includes gravel, rocks and dirt. For information and to register, contact Betty Magee at 615-319-5394 or e-mail: monetfan455@yahoo.com.

Nov 20 - Downtown Nashville hike. 5 miles. We will start at 9:30 am from Lot R near the south end of Nissan Stadium by the river on the east Nashville side. Look for the large red sculpture near the waterfront, close to the Bridge building – we start there near the sculpture. Side Note: This date is an “away” game for the Titans. The hike will proceed along the East Bank Greenway through Cumberland Park for a short distance. We will cross the Seigenthaler Pedestrian Bridge with a great view provided. We continue across Riverfront Park near Ascend Amphitheater. Then we proceed west along Korean Veterans Boulevard, passing Music City Center until 8th Avenue is reached. Our route turns into the Gulch via Gleaves and Pines streets. We'll then proceed north on 11th Avenue onto the Gulch and North Gulch Greenway, reaching Charlotte Avenue. We'll walk up the hill to and around the state capitol building, and then visit the War memorial building, next turning east on Deadrick and then south on 3rd Avenue near Printer's Alley. Passing Broadway and a few honky-tonks, we'll recross the bridge to our starting point. A variety of new and old Nashville is included in this hike. We will walk past some amazing developments that have been & will be transforming Nashville's downtown. Additional parking information: Lot R has over 1,075 parking spaces and is easily accessible from I-65/I-24 via Exit 84 (Shelby Avenue) or via Korean Veterans Boulevard. Signage helps direct cars to Lot R, and if you can find Nissan stadium the rest is a breeze - just park close to the river. It's free parking. www.parkitdowntown.com has parking maps available, and lot R is numbered 114 on that map. Hike leader: Tom Vickstrom tomzinger55@gmail.com or 615-405-6713.

Nashville Chapter – con't.

Nov 22 - Chapter Meeting and program: Books and Movies About Hiking and Walking. Candice Ethridge has been preparing for months to bring us this presentation that will prepare us for our winter reading and watching. The bibliography she's compiled should take us through several later seasons as well! From Grandma Gatewood to Sheryl Strayed, with many hikers and walkers famous and obscure before and between them, we're in for a most informative evening. Bring your book-loving, movie-watching friends!

Nov 24 - Pre-Food Fest Hike. Warner Parks, Nashville TN. 2.5, 4.5 or 9 miles. Meet at the Nature Center on Hwy 100 at 8:00 am. You will have the option of hiking the Harpeth Woods Loop for 2.5 miles or the Mossy Ridge Loop for 4.5 miles, or both loops with the Connector Trail for 9 miles. If only hiking the Mossy Ridge, meet the group at the Deep Well Trailhead at 10:15. Please register with Nancy Juodenas at 615-319-8811 or njj1011@gmail.com.

Planning Ahead:

Dec 10 - Nashville Chapter Christmas party. We'll start festivities at 6 pm CT at River Plantation's Section V clubhouse, 800 Gen. George Patton Rd. in the Bellevue area of Nashville. For directions, contact Alice Cannon, acannon12@bellsouth.net. Bring a dish to share and BYOB. Bring a friend too!! Our party takes the place of the monthly meeting for December. We'll be back at REI in January.

Dec.10 - We will again be wrapping gifts at REI in exchange for donations to support the building of the Cumberland Trail. This year we will be wrapping from 10 till 5:30. People are needed for 2 hour shifts: 10-12; 12-2, 2-4, 4-5:30. This is truly a great way to fundraise! No experience necessary, just come and join in the fun! In addition, I will be hosting a crafting session at my home to make gift tags etc. for this fundraiser. Come join me on Friday November 18 from 10- 12 at 109 Jamesborough Ct. For more info or questions my number is 615 739-5858 and email is amy109@gmail.com

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

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

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

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*

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

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.*

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.

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

There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information contact Bruce Whitehead at trailwalker80@gmail.com or 941-716-3620, or visit the Plateau Chapter Blog. Check blog for cancellations or changes before hiking.

Nov 5 - Rock Creek Loop, Big South Fork, Jamestown, TN. 8 miles. Moderate with some short climbs. We hike the trail "backwards" to avoid the strenuous climb out. The trail follows the banks of Rock Creek, a tributary of the Big South Fork River. It also overlaps parts of the John Muir and Sheltoewe Trace Trails. The trail follows part of the old Stearns Logging Railroad along Massey Branch. Bring lunch, snacks and plenty of water. Depart at 8:00 am CT behind Cracker Barrel off of I-40, Exit 317. Contact Cheryl Heckler at thehecklers@charter.net or 931-200-7436.

Nov 10 - Chapter Meeting. 6:00 PM. Program: Tennessee Parks and Greenways by Steve Law, Executive Director. First United Methodist Church Annex, 69 Neecham Street, Crossville. Dinner at Gondola's Restaurant, Woodmere Mall, Crossville at 4:45 pm CT. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information.

Nov 12 - Yahoo Falls-Alum Ford Loop, Big South Fork, Whitley City, KY. 10-11 miles. Difficult. We will start at Alum Ford river access and go south on Sheltoewe Trace Trail along the Big South Fork River. At Negro Creek Trail we hike uphill for 2+ miles to get out of the gorge. Then we cross Hwy 700 and continue on Yahoo Arch Trail. We pass an optional side trail to Marker's Arch for 0.5 miles one way. Next we hike on to Yahoo Arch and then to our finale of Yahoo Falls for great photo opportunities and a history story about Princess Cornblossom. Yahoo Falls is the tallest water fall in the BSF and all of Kentucky. We will finish our hike back to Alum Ford along Yahoo creek. This loop has numerous creek crossings, a long uphill climb and confusing trail signs. Wear hiking boots and dress for the weather. Hiking poles are recommended. Bring lunch, snacks and plenty of water. Due to the long drive and less daylight at this time of the year we will depart from Cracker Barrel at 7 am CT. There is a 2 hour drive to the trail head. For more info and to register contact Curt Thomas at curtethomas@frontiernet.net or 931-260-2140.

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>

Nov 1 - Raccoon Mountain. Approximately 4 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Nov 5 - Chickamauga Battlefield. Approximately 7 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Nov 8 - Chickamauga Levy. Approximately 4 miles. Easy. Meet at Target parking lot on Hwy 153 at 9 am. Hike leader: George Bonneau.

Nov 12 - Black Mountain. Approximately 8 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Nov 15 - Big Soddy Gulf to Big Soddy Creek Bridge and back. Approximately 6 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: John Politte 423-304-8327.

Nov 19 - North Chickamauga Creek to Stevens Branch campsite and back. Approximately 9 miles. Strenuous. Meet at Walmart parking lot in Soddy Daisy at 9 am. Hike leader: John Politte 423-304-8327.

Nov 22 - Heiss Mountain to Big Possum Creek bridge and back. Approximately 3 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Nov 26 - Cloudland Canyon west rim. Approximately 6 miles. Moderate. \$5 parking fee. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Nov 29 - Rainbow Lake to Edwards Point and back. Approximately 5 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: Trish Appleton 423-240-3443.

SUMNER TRAILS CHAPTER

CHAPTER CO-CHAIRS: Sally Ticaric 615-218-1086
Bob Crouch
sumner@tennesseetrails.org

MEETS MONTHLY: 1st Monday at 7:00 pm CT.

Nov 5 - Marshall Knobs and Valley View Trails, Barfield Crescent Park, Murfreesboro. 3.5 miles. Easy to moderate. Along these two loop trails, we'll see cedar glades, limestone outcroppings, sinkholes and a long limestone fence of uncertain origin and purpose. Hiking boots and poles are suggested due to uneven terrain and the possibility of damp trails and slippery rock if recent rains. We'll have a late lunch at The Alley following the hike so bring a snack for the trail if you wish. Meet at Hendersonville First Presbyterian Church, 172 Main Street, at 9:00 am CT for carpooling or at the park's Wilderness Station at 10:15 am CT. If you need more information or if you are meeting the group at the Wilderness Station, please call hike leaders Lea Whitton at 615-289-4842 or *whittonm@realtracs.com*, or Ron and Judy Jenkins 615-403-0002.

Nov 7 - Chapter Meeting. This month we will have a discussion on planning and leading a hike. Several new members have mentioned wanting more information on taking this step. Our more "experienced" hike leaders will talk about what they consider when planning a hike and how to conduct the hike itself. Come with questions, ideas for hikes or anything that pertains to getting you started on becoming hike leaders. 7 pm CT at First United Methodist Church, 217 East Main Street, Hendersonville TN.

Nov 19 - Springfield Greenway. 4 mile out and back. Easy. The scenic Springfield Greenway meanders along a lush tree-lined creek in northern Springfield, just a half hour north of Nashville. The pathway is paved, flat and smooth, making for easy walking and has only one street crossing. Meet at Hendersonville First Presbyterian Church, 172 Main Street, at 9:00 am CT for carpooling or at Garner Street Park (200 N. Garner Street) trailhead at 10 am CT. We plan to eat after the hike at Torino's Italian Restaurant. If you need further information or are planning to meet at trailhead, please call or email Sally Ticaric at *daytrippersal@gmail.com* or 615-218-1086.

UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

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

HIKE COORDINATORS: Kathleen Sullivan 931-284-7822
Cathy Moran 931-544-2764
uppercumberlandhikes@tennesseetrails.org

Nov 5 - Black Mountain Segment of the Cumberland Trail, Crab Orchard, TN. 7 miles. Moderate. Black Mountain is noted for its interesting rock formations and wonderful overlooks. We will start the hike at the trailhead on HY 68 and hike up to the top of Black MT. on the way we will pass by Windless Cave, if time permits we will hike the Loop Trail on top of the mountain, which has several overlooks. We will meet at 8:00 am CT in the Penney's parking lot in Cookeville. Bring snacks, lunch, and sturdy hiking boots. For information and to register contact Louise Miniard at 931-239-5425 or *lminiard@flowserve.com*.

Nov 12 - Cloudland Canyon, Rising Fawn, GA. There are spectacular views of Cloudland Canyon as well as Trenton, GA. and neighboring Sand Mountain. We will hike on the Waterfalls trail down over 500 steps to 60 ft. Cherokee Falls and 90 ft. Hemlock Falls. Weather permitting, we will then hike the Rim Trail (4.8 mi.) and if visibility is bad we will hike Sitton's Gulch Trail, which follows Daniel Creek. Either way we go it will be about 7 miles or less. The hike is moderate to strenuous because of the number of steps up and down. We can meet at 7:30 am CT in the Penny's parking lot in Cookeville, or at the U.S. Bank across from McDonalds in Sparta at 8:00 am. (Trailhead in GA. Between 10:00 am and 10:20 am CT). Wear sturdy hiking boots and bring snacks, water and lunch. After the hike, we will stop at "Sticky Fingers" in Chattanooga for dinner. To register contact Pete Broehl at 931-738-3551 or *pabroehl@blomand.net*.

Nov 19 - Sheltoewe Trace, Gobblers Arch, and Mark Branch Trails, Big South Fork NRR, Stearns, KY. 9 miles. Moderate to strenuous. We will descend the Sheltoewe Trace to Mark Branch Falls, a 50ft waterfall. Below the falls the trail crosses Mark Branch about 20 times. We will turn on the Gobblers Arch trail, which features an overlook and Gobblers Arch. We will then follow the Mark Branch Trail back to the Sheltoewe Trace, which we will follow back to the beginning. You can meet us at JC Penney's at 6:30 am CT. Bring hiking boots, snacks, water, and lunch. For more information and to register contact Louise Miniard at 931-239-5425 or *lminiard@flowserve.com*.

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OFFICERS:

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

Vice-President
 Bruce Whitehead 941-716-3620
vicepresident@tennesseetrails.org

Treasurer
 Kathy Woods 615-473-6824
treasurer@tennesseetrails.org

Secretary
 Diane Manas 615-352-7777
secretary@tennesseetrails.org

Membership Director
 Tim Townley 731-607-0512
membership@tennesseetrails.org

Past President
 Millette Jones 615-397-9588
pastpresident1@tennesseetrails.org

Previous Past President
 Don Dresser 731-668-4190
pastpresident2@tennesseetrails.org

West TN At-Large Director
 Margaret Dixon 901-603-7680
westregional@tennesseetrails.org

Middle TN At-Large Director
 Joan Hartvigsen 931-962-0811
midlleregional@tennesseetrails.org

East TN At-Large Director
 Garnett Rush 865-268-5181
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

Upper Cumberland Chapter – con't.

Nov 26 – Sewanee Perimeter Trail. 20 miles. The hike is strenuous and will last about eight hours. Meet at 7:00 am CT in parking lot on Highway 41A across from the intersection of University Avenue and Highway 41A in Sewanee. We will start on the Mountain Goat Trail across from the Blue Chair Restaurant. We will hike toward the Memorial Cross taking the Perimeter Trail around Sewanee. We will have lunch at the Forestry Cabin. We will continue to Shakerag Hollow back to the Mountain Goat Trail to our starting point. Bring water, snacks and lunch. Wear sturdy hiking boots. Dinner in Sewanee after hike. For more information and to register contact Mike Shane at *mikeshane@charter.net* or 931-446-4306.

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 <i>eastregional@tennesseetrails.org</i>
Dyer County	Margaret Dixon	901-603-7680 <i>westregional@tennesseetrails.org</i>
Northwest	Margaret Dixon	901-603-7680 <i>westregional@tennesseetrails.org</i>

Newsletter Deadlines:

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

<u>Due</u>	<u>For Newsletter Dated</u>
Nov 10	Dec 1
Dec 10	Jan 1
Jan 10	Feb 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

Nov 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

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. 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/Tulahoma)
___ 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.