

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



President's Corner

TTA has a schedule of four board meetings per year. The first board meeting is always busy as there is much work to do at the beginning of the year. See the neighboring column for a report on the February board meeting.

For those who plan their hiking in advance, the 2017 annual meeting is scheduled for October 13 – 15 at Dubose Conference Center in Monteagle. Put these dates on your calendar and plan to meet hikers from across the state as we explore this part of Tennessee.

It is March and the wildflowers are in bloom, so it is time to log some miles and enjoy the outdoors.

Carolyn Miller
TTA President

Upcoming Board Meetings

April 29 – REI (tentative)

August 5 – REI (tentative)

October 15 - Dubose Center

Report of the TTA First Quarter Board Meeting of February 4

Reviewed and voted to award Evan Means Small Grants of \$1000.00 to each of three organizations.

- Cumberland Trail Conference, Crossville – support for the Fall Big Dig program.
- Friends of T. O. Fuller State Park, Memphis – funding for three small bridges.
- Historic Rugby, Rugby (Morgan County) - funding for two trailhead kiosks.

If your TTA chapter or non-profit organization has a trail project that requires a small grant, please visit the TTA website for an application. Alternately, contact Bob Richards at TrailBob51@outlook.com and request an application. Grants will be awarded based on merit and availability of funds.

Appointed committee members:

- Nominating Committee: Sara Pollard, Don Dresser, Carolyn Miller
- Awards Committee: Joan Hartvigsen, Garnett Rush, Carolyn Miller
- Membership Committee: Cheryl Heckler, Bob Richards, Joan Hartvigsen, Doug Burroughs
- Website Committee: Jim Poteet, Charlie Bright, Bob Richards, Doug Burroughs.
- Bylaw Committee: Bruce Whitehead, Carolyn Miler, Bob Richards, Jim Poteet

Presentation from Richards Design Group for a proposal for a new website – Motion to revisit website proposals at the April 29 meeting at which time a decision will be determined.

Update about a revision of the Bylaws. The board will review at the April 29 board meeting. If new bylaws are to be passed, the board must approve them at either the April 29 or August 5 board meeting in order for them to be printed in the newsletter 30 days prior to the October 14 general membership meeting at which time they will be up for a vote. Bruce Whitehead, TTA Vice President, is leading this project and we expect to have a new set of bylaws approved at the general meeting this year.



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

Seeking volunteers and sponsors!

Trail Construction:

Feb 25 – Mar 3 - Wartburg College Students. Based at Eden Ridge camp in Hebbertsburg (Crab Orchard).

Mar 5 – Apr 1 - Spring Alternative Spring Break program (ASB). We want you to support this project. Based at Fort Bluff Camp in Dayton. 160 students are scheduled to spend their spring break helping to build the Cumberland Trail. Come join us and build lasting memories for yourself and the students. Food and lodging provided.

May 3 – Jun 10 - Spring Big Dig. Work days: Wednesday through Saturday. Based at Eden Ridge camp.

Mar 24 - CTC Volunteer Appreciation Dinner. Fort Bluff Camp in Dayton.

Volunteer Trail Builders are also welcome to join the Central or Southern crew during the week. The Central Crew works in the Crossville area the Southern Crew works in Graysville in the McGill Creek Gorge. Training always provided

WagonMaster - leading a group of 8-10 volunteers, with all trail training and CPR/First Aid provided by CTC.

Camp Moms/Camp Dads spend a week providing leadership and guidance to both our adult and university volunteers and build lifelong friend.

Connector Program Leadership/Community Field Team Members/GIS - have an interest in planning, studying, and exploring new trail corridors? CTC will be fielding numerous community teams to study routes to link our communities to the CTSP. Called the Connector Program, much of this work will be done from maps on your laptop and exploring the local back roads.

Want to advertise the Cumberland Trail on your license plate? The Friends of the Cumberland Trail are seeking 1000 signatures to be able to have a license plate for "The Cumberland Trail". For more information, visit <http://www.friendsofthecumberlandtrail.org>.

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Ken Johnson 865-803-4371
clarksville@tennesseetrails.org
CHAPTER VICE-CHAIR: Paul Schwab 931-801-9484
clarksville@tennesseetrails.org
TREASURER: Mary Schwab 931-645-9068
clarksvilletreas@tennesseetrails.org
SECRETARY: Donna Burdick 931-220-8497
clarksvilleasecy@tennesseetrails.org
OUTINGS COORDINATOR: Paul Schwab 931-801-9484
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>

Mar 4 - Bells Bend, Loop Trail. 2.5 miles. Easy. Suva Bastin 931-645-2849. Meet 8:00 am CT, Madison Street Kmart parking lot. 39 miles to trailhead.

Mar 11 - Johnsonville State Historic Park. 4.6 miles. Moderate. Paul Schwab 931-801-9484. Meet 8:00 am CT, BigLots parking area, Riverside Drive, Clarksville, TN. 55 miles to the trailhead.

Mar 21 - Monthly Chapter Meeting.

Mar 18 - LBL, Bear Creek Loop. 6.7 miles. Difficult. Bob Lyon 931-648-2354. Meet 8:00 am CT, Kroger parking area, Dover Crossing Road, Clarksville. 35 miles to the trailhead.

Mar 25 - Radnor Lake SNA. Seven trails to pick from. 4 easy, 2.6 miles; 1 moderate, 0.9 miles; 2 difficult, 2.7 miles. Paul Schwab 931-801-9484. Meet 8:00 am CT, I24 Exit 11 commuter parking lot. 49 miles to trailhead.

GO GREEN

Electronic Newsletter Available

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

COLUMBIA/FRANKLIN CHAPTER

CHAPTER CHAIR: To be determined
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.

Mar 7 - Chapter Meeting. The meeting will be held at the Barnabas Center at 506 Fair Street, Franklin, TN 37064. The Barnabas Center is located behind St. Paul's Episcopal Church. The Barnabas Center has a small working kitchen so you can bring your own food and microwave it if you choose. If you like, you can join us earlier than the 7:00 pm meeting time to eat and chat with other members of the chapter. We will be planning our future bi-monthly hikes, and discussing "all things hiking." Contacts: Jane Coffey: *jecoffey0644@gmail.com*, or Janeth McKendrick: *janethmck@aol.com*.

Mar 18 – Rock Island State Park, near McMinnville, TN. 6 miles. Moderate. Joint hike with the Highland Rim Chapter. Highland Rim will be leading the hike, and they state that the trail will be the Collins River Nature Trail, the Eagle Trail and the Downstream Gorge Trail. All three of these hikes will feature wildflowers and the Collins and Caney Fork Rivers. Twin Falls is featured on the downstream Gorge Trail along with tall limestone bluffs. Bring water, snacks and lunch. If people are interested in eating after the hike, plan on visiting the Foglight Foodhouse, a restaurant located along the Caney Fork River near the Downstream Gorge Trailhead. Wear sturdy hiking boots. For the Columbia/Franklin chapter, please contact Jane Coffey at 615-516-6551 or *jecoffey0644@gmail.com*. We will meet at Tollgate Medical Plaza at 7:00 am and leave from there to meet the Highland Rim chapter at the Rock Island State Park Visitor Center at 9:00 am. I will need a count so that I can contact the Highland Rim Chapter to let them know if we are attending.

Mar 25 - Join Swan Conservation Trust members for a hike at the south end of Big Swan Headwaters Preserve. This moderate two-hour hike will feature the hand-dug pits of an historical tanning operation along Big Swan Creek, estimated to have been used in the 1940s. We will also see several large calcareous seeps, which are special habitats of the Western Highland Rim that protect plants and animals relying on the year-round flow of clean groundwater. Meet at The Farm Store at 10:00 am. We will return there for lunch after the hike. Wear shoes/boots suitable for stream crossing, bring a hiking stick if you have one, and lunch. For those of us in the Columbia/Franklin area, we can meet behind McDonald's at 5938 Columbia Pike, Spring Hill 8:30 am. We will leave promptly at 8:45 so that we can meet Cynthia at the Farm Store at 10:00 am. Please contact Marvin Caine at *mlcaine@aol.com* if you plan to attend. Please leave a number in case of inclement weather.

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

Mar 4 - North Boundary Greenway Hike. 8 miles. Moderate. This trail is located on the Department of Energy Reservation. A variety of remnants of pre-Manhattan Project settlements are visible. The trailhead that we will take is on the Oak Ridge turnpike at the west Guard House. We will meet at Gold's Gym in Oak Ridge at 9:00 am. Call Kim Holland at 865-789-5220 for further details.

Mar 11 - Loyston Point Hike. 6 miles. The Loyston Point trailhead is located on Norris Lake in Anderson County. It is a TVA managed wildlife area. We will spend a lot of the hike walking near the lake through a beautiful hardwood forest. This is a multi-use area so we may meet a few bikers on the trail with us. We will start out on the Loyston Loop trail until it intersects the Hemlock Bluff trail. We take this trail through an isolated stand of hemlocks which seem to be healthy for now. This trail will end at the Point 19 trail and that is how we will get back to our cars. Most of the trail is fairly easy with a few short steep uphill grades. Hiking boots would be best for this trail system. Even though this is an afternoon hike, bring adequate water and a snack. Driving distance is 22 miles, be prepared to carpool and pay the driver if you ride. Meeting place is KARM Thrift Store parking lot on Merchants Rd. Take exit 108 off 275N and go into the Outback Steak House lot, KARM is about 3 stores down from here. Meeting time is NOON. We will have plenty of time to finish this before dinner. Leader Chris Hamilton, *hikeintenn@gmail.com*.

Mar 18 - East Lakeshore Trail - Glendale Branch Trail, Greenback, TN. 4.4 miles +, in and out using the shortcut, flat with no elevation. Easy. This scenic trail skirts the eastern shoreline of Lake Tellico (Little Tennessee River). It has many scenic viewing areas. Meet at 9:00 am ET at the Maryville Walmart on 411 South near the Pharmacy end, close to the road. Leaders: Karen Towle & Robby Paul. For information call Robby at 865-983-6926 or e-mail at *robby paul@hotmail.com*.

Mar 25 - River Bluff Trail, Norris Dam. We will park at the trailhead on Dabney Road and hike the lower section of the trail along Norris River, less than two miles each way. The walk along the river is relatively flat, an easy walk. Where we will turn around the trail goes up the bluff to make a loop. Some may want to walk the loop. The total distance is about the same either way. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, other appropriate clothing, a snack, something to drink and a camera. We will meet at the Central Baptist Church of Bearden parking lot for car-pooling and leave at 9:00 am and stop at Ingles Market, 215 Cedar Lane in North Knoxville, leaving at 9:15 am for those that prefer to meet there. Also, you may meet us at the southeast end of the Wal-Mart parking lot at the I-75/State 61 intersection near Norris, leaving there at 9:45 am. Don't forget to bring carpool \$\$\$\$\$ if applicable. If you have any other questions, please contact Tom Cressler at 974-4422 or leave message at 588-5622 or *cressler@utk.edu* before March 24th. If you want to meet us at the trailhead take I-75N to exit 122; turn right on TN-61; about 1.4 miles turn left on to US 441 and proceed across the dam; turn left on to Dabney Road, the first road on the left after the second hair-pin turn, staying left, going downhill, to the parking area.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Mary Etta Ward 931-455-4609
highlandrim@tennesseetrails.org

SECRETARY Tanja Kendrick 931-224-6225
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.

Mar 4 - Blue Beaver Trail up Lookout Mountain to top of Point Park, Chattanooga, TN. Strenuous. Beginning from the southern end of Reflection Riding, the hike is 5.5 miles one way. (5.5 miles total mileage.) Elevation change of 1,500 ft. Car shuttle required. We will meet at the Monteagle Elementary School at 8:00 am CT 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) and building structures as they hiked up Lookout Mountain during the Civil War. This route was declared a National Recreation Trail in 1978. Great views of Lookout Valley and the Tennessee River and Civil War history. Bring water, snacks and lunch. Wear sturdy hiking boots and bring hiking sticks. Remember money for dinner in Chattanooga.

Mar 11 – Wolf Cove, TN Hike, 6 to 8 miles, some off trail. Strenuous. Near Winchester, TN. Meet Joette Carter at 9:30 am CT on Hwy 16 (the Walls of Jericho Hwy.) between mile markers 24 and 25 on the left heading south, marked with pink flagging. This hike features several caves, waterfalls and scenic views. Bring flash light to explore cave entrances, water, snacks and lunch. For more information call Joette at 256-509-0918.

Mar 12 – Old Spann House Trail and Clifton Doyle Trail, Tims Ford State Park, Winchester, TN. 5 miles. Easy. Meet at 2:00 pm Sunday at the Visitor Center Parking Lot for a hike through hardwood forests on gently rolling terrain with great views of Tims Ford Lake. Clifton Doyle Trail features a great spot with a bench to view the sun setting over Tims Ford Lake. Bring water and snacks. Wear sturdy hiking boots. We can have dinner together at a local restaurant. Register with Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811.

Highland Rim Chapter – con't.

Mar 18 – Rock Island State Park, north of McMinnville, TN. 6 miles. Easy. Joint hike with the Columbia/Franklin Chapter. We will hike the Collins River Nature Trail, the Eagle Trail and the Downstream Gorge Trail. All three hikes feature wildflowers and the beautiful Collins and Caney Fork Rivers. And the Downstream Gorge Trail has the awesome Twin Falls and tall limestone bluffs. We will also visit the Caney Fork Gorge and Great Falls. Bring water, snacks and lunch. If the group is interested, we can have dinner at Foglight Foodhouse, a restaurant located along the Caney Fork River near the Downstream Gorge Trailhead. Wear sturdy hiking boots. Contact Joan Hartvigsen at *jhartvigs@comcast.net* or 931-962-0811 to register and for carpool information. For hikers who plan to join us at the park, please meet us at 9:00 am CT at Rock Island State Park Visitor Center. But please let Joan know you are coming.

Mar 25 – Horsepound Falls Hike. South Cumberland State Park. Collins Gulf West. Gruetli-Laager, TN. 5 miles out and back. Moderate due to a boulder field to cross and steep ascent/descent. Marietta Poteet is leading this beautiful wildflowers/waterfalls hike. We will enjoy opportunities to see an amazing array of spring wildflowers and two spectacular waterfalls: Suter Falls and Horsepound Falls. Bring water and lunch. Bring hiking sticks and sturdy hiking boots. Please call Marietta at 931-924-9666 or email *nannietta@blomand.net* for more information and to register.

Mar 27 – Chapter Meeting. Joint Meeting with the Friends of Short Springs Membership Meeting. Dinner at 5:00 pm at Las Trojas Mexican Restaurant, 1905 N. Jackson Street, Tullahoma, near Kroger. Meeting at 7:00 pm at D. W. Wilson Community Center. Rick and Deb Dreves will present a program on their hiking trip to Monhegan Island off the coast of Maine. There are no cars or paved roads on Monhegan Island and is accessible only by boat. The steep and strenuous hiking trails lead through wooded areas (including the Cathedral Woods) and over rocky ledges up to the highest ocean cliffs on the Maine coastline. Monhegan Island was designated a National Natural Landmark for its coastal and island flora in 1966.

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
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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

Mar 4 – Trail Preparation, Natchez Trace SP. Join us for a service project that will involve clearing small trees to make way for a new section of trail in the SE corner of Cub Lake. This is advance work for the trail building that will take place later in the month (see below). For additional information or to register, please contact Dick McKeen at *sprucemountain@Eplus.net* or 720 469-0619.

Mar 7 - Chapter Meeting.

Mar 10-12 - This will be a short backpacking trip (two nights, three days) in Savage Gulf, covering a total distance of almost 20 miles. Prior experience backpacking is not required and the necessary gear can be borrowed for the trip. To register for the trip or obtain further information, please contact Glen Rognstad at *glenrognstad@gmail.com* or 731-217-5966.

Mar 11-19 - 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 - Smoky Mtn hike near Cades Cove. The March 25 hike will be in the Great Smoky Mountains National Park. We will hike to Spence Field via the Anthony Creek Trail, which begins at the Case Cove Picnic Area. The round trip distance is 10.3 miles. The trail is strenuous, gaining 2842 feet in the 5.15 miles to the top. It is worth it; if there is good visibility, there are great views to the east into the North Carolina side of the Smokies. A side trip option would add an additional 1.2 miles to Rocky Top. We plan to begin the hike at the ranger station in Cades Cove, starting at 9 am ET. Campsites are available at Cades Cove. Motel accommodations are available in nearby Townsend or Marysville. For those interested, we might take a Sunday morning walk to Abrams Falls, 5 miles round trip. For directions, places to stay, additional information or to register, please contact Jeff Chambers at *chambers.jeffreyb@gmail.com*.

Looking Ahead:

Apr 1 - Bite-size walk. This will be a short 3 mile walk around **Pinson Mounds**, specially created for newcomers to our group. Please let your friends know about the outing. If you are going, please meet at Panera Restaurant in Jackson at 10 am, so that we can carpool together, or arrange to meet us at the visitor center around 10:30 am. For additional information, please call or write either Don Dresser or Melinda Pearson, who can be reached at *hurstme@bellsouth.net* or 731-225-4293.

Apr 4 – Chapter Meeting.

Apr 8 – Wildflowers. Glen Rognstad will lead us on our annual wildflower hike, probably to Stillhouse Hollow Falls NA. For additional information or to register, please contact Glen at *glenrognstad@gmail.com* or 731-217-5966.

Apr 29-30 - Walls of Jericho NA. Plans are being made for a trip to Jericho and Stevens Gap Cave.

MEMPHIS CHAPTER

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

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

Mar 4 - Lovitt Trail – behind Lowe’s off Germantown Pkwy. Join us for a 6-mile hike across flat terrain in the woods along the Wolf River. Meet at 9:30 am in front of the lumber entrance of Lowe’s Home Improvement at 430 South Germantown Pkwy, Cordova. This is the northeast corner of the parking lot. Wear hiking boots and bring snacks and water. Rain will cancel. Contact Janet 901-761-0705.

Mar 11 - 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 Kam at 901-299-8359.

Mar 18 - Cane Creek Nature Preserve, Tuscumbia, AL. REGISTRATION REQUIRED. The preserve has some of the most awesome canyon scenery you’ll find anywhere - rock shelters, over hanging rocks, rock formations and waterfalls. The strenuous (steep hills, ledges) 8-9 mile hike will take us to Devil’s Hollow with several waterfalls, and several large Native American Rock Shelters and a beautiful overlook called The Point. Bring hiking boots, lunch and plenty of water. Rain will cancel the hike. For information and to register, contact Wayne Simpson at *w.simpson1@comcast.net* or 901-385-1988.

Mar 25 - T.O. Fuller State Park, 1500 Mitchell Road. Meet at the visitor center to 8:45 am. The hike will begin promptly at 9:00 am. The 4 mile hike covers moderate to rugged terrain with some wet land and a possible stream crossing. Hiking boots or sturdy shoes recommended. Bring water and a snack. The Discovery Loop Trail includes part of the Nature Bluff Trail of the Chucalissa Indian Village. Time Frame: 2.5 hours. Contact for information: Gloria Folk 901-277-5756. Directions: I-240 West to I-55 North; Exit 7 South to Highway 61 (3rd Street). Drive approximately 1 mile. Turn right onto Mitchell Road, continue 3 miles west to the T. O. Fuller Park sign. Turn right into the visitor center parking lot.

MURFREESBORO CHAPTER

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

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

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

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

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

BLOG: www.tennesseetrails.org/blog/murfreesorbo

Mar 4 - Millennium & Merritt Ridge Trails, Edgar Evins State Park, Silver Point. 8 miles. Strenuous. Joint hike with Plateau Chapter. This hike is on a beautiful trail along the hilly shoreline of Center Hill Lake. We will encounter rocky ridges, lakeside bluffs and wooded hollows. Lunch will be near the water's edge, where we should be able to see Center Hill Dam. It's possible we may see some early wildflowers too. Murfreesorbo Chapter will depart from the Kroger parking lot on Lascassas Highway at 8:00 am. To register or for more information contact Sara Pollard 615-714-3630 or sarabpollard@gmail.com with the Murfreesorbo Chapter or contact Cheryl Heckler from the Plateau Chapter 931-200-74436 or thehecklers@charter.net.

Mar 10-12 – Frozen Head State Park Backpack. Wartburg. Approximately 17 miles. Moderate to difficult. Three day, two night backpack. Friday's hike is on the Spicewood trail to Mart Fields campsite and Saturday to Bird Mountain campsite. Sunday morning hike back to the trailhead on the Cumberland Trail. To register or for more information contact Wayne Yancey at 615-887-0212 or wayne.yancey@gmail.com.

Mar 14 – Chapter Meeting. Libby Francis and Elizabeth Gerlock of the Nashville chapter will take us south of the equator. From sea level in the Galapagos Islands of Ecuador to 12,500 feet in Peru's Andes Mountains, they 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. Bring a notepad and pen - you may be able to take home a recipe for alpaca or - for real - piranha.

Murfreesorbo Chapter – con't.

Mar 18 – Sixteenth Annual Waterfall Tour by Friends of Edgar Evins State Park. Silver Point. Reservations may be made on-line at www.foeesp.com/waterfall-tour. Cost is \$15 plus the price of your lunch. You will ride a school bus to visit this year's selections in Middle Tennessee: Ozone Falls, Roaring River Falls and City Park Falls in Cookeville. We will eat at Golden Corral in Cookeville. We will meet at the office at Edgar Evins State Park at 8 am CT and return about 3:30 pm. Expect short walks on rocky, uneven ground. More information is available on our website at www.foeesp.com and on Facebook @friendsofeesp. For information or help making reservations contact Fount or Anna Bertram at fwbertram@dtccom.net or their home phone at 615-765-5357. This popular fundraiser fills up early so don't wait to make your reservations. Monies received will benefit the park.

Mar 18 – Daddy's Creek Segment, Cumberland Trail, near Crab Orchard, TN. 7.6 miles. Moderate. We'll explore this newest section of the CT just completed and opened this last fall from the southern access point off of Hebbertburg Road to the northern access off of E. Keyes Road. We'll need to run a car shuttle to make this a through hike. The trail is flat and easy in many places with only a couple of inclines which are gradual and well designed with switchbacks-nothing very strenuous. Much of the trail runs along Daddy's Creek including a nice overlook of the creek and a campsite creekside, perfect for a lunch spot. To register or for more information contact Jan Safavi at 615-390-9146 or safavi.jan@gmail.com.

Mar 25 – Snow Falls Segment, Cumberland Trail, north of Dayton, TN. 10 miles. Moderate. The trail starts off along beautiful Richland Creek on an old rail bed used for hauling coal out of the valley. We'll pass Richland Mine and the Old Dayton Reservoir that used to supply water to the town of Dayton. The main trail will split and we'll take a left at the fork to Snow Falls. After the trail passes under power lines, we'll come to a 150-foot bridge across Henderson Creek. From the 150-foot bridge the Cumberland Trail will eventually continue north and the trail to Snow Falls will be a spur trail. On our way to Snow Falls, we'll take a short hike out to Buzzard Point for an awesome view to have our lunch. We'll also take a short side trail to Dunn Overlook for great views. We'll cross Morgan Creek to Snow Falls which is a 35-foot waterfall that plunges into a pool. Pack lunch, water, snacks and hiking poles are recommended. To register or for more information contact Jan Safavi at 615-390-9146 or safavi.jan@gmail.com.

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

Mar 4 - Cheeks Bend Trail in the Duck River Complex State Natural Area (2 miles) followed by the Adeline Wilhoite River Trail in Henry Horton State Park, 3.5 miles. The Cheeks Bend trail will take us through a hardwood forest with river bluffs along the Duck River which is recognized world-wide and featured in National Geographic for its large array of plant and animal life. From there we'll travel to Henry Horton State Park - less than 30 minutes' drive - and hike the Adeline Wilhoite River Trail. Both trails are easy to moderate. For complete details and logistics contact Nora Beck, 615-17-6486 or norellibee@gmail.com.

Mar 11 - Walls of Jericho, near Winchester TN. 7-8 miles. Strenuous. The Walls of Jericho is a 750-acre natural area that is within the 8,943-acre Bear Hollow Mountain Wildlife Management Area (WMA), which is contiguous to the Skyline WMA in Alabama. The "Walls" is an impressive geological feature that forms a large bowl shaped amphitheater. Embedded in the limestone are bowling ball size holes from which water drips and spouts, creating a unique water feature. This amphitheater gives rise to steep 200-foot sheer rock walls that creates the natural feature defining the amphitheater. Turkey Creek drains through the "Walls" and has been an active geological force in creating the amphitheater. The forest land beyond the "Walls" feature is noteworthy with its many bluffs, large rock outcroppings, caves, and sinkholes. Descending steeply, the white-blazed trail (red on the Alabama side) crosses several creeks, streams, and horse paths on its way down to a skinny log bridge over Mill Creek. After passing a field clearing (a popular campsite area for overnights) the trail continues on the south side of Turkey Creek on an often muddy and slippery path. At mile 3.7, you'll reach the Walls of Jericho natural amphitheater. Call Karl Dupre at 615-207-2250 or email karld@comcast.net to register or for more information.

Mar 18 - Radnor Lake State Park, Nashville TN. 5-6 miles. Moderate. Meet at the entrance off Granny White Pike, hike along Lake Trail to Ganier Ridge, then across the road to South Cove and back to Granny White Pike entrance. Contact Betty Magee, 615-319-5394, e-mail: monetfan455@yahoo.com.

Nashville Chapter –con't.

Mar 19 - Beaman Park, Joelton, TN. 4-5 miles. Moderate. We will meet at the park visitor center and start at 1:30 pm. We'll hike in across Tennessee woodlands to the loop and follow it across moderately hilly terrain. (elevation change approx 200 feet). The trail follows a creek for a ways and also goes along a ridge. This will be about a 4 mile hike; however depending on the group we may add another mile. Beaman Park is a beautiful gem of a park within Davidson County. It receives much less visitation than others due to its outlying location along the northwest rim of the Nashville Basin. Driving access via Briley Parkway or Old Hickory Blvd. See website for details. Hike leader Tom Vickstrom 615-405-6713 or tomzinger55@gmail.com.

Mar 25 - Ellington Agricultural Center, Nashville TN. 2-3 miles. Easy. There are creeks to play in if people want to wear sandals or water shoes. We'll start at Kathie Tange-Dupre's house, walk through the back yards in her neighborhood until we reach a bridge, then cross into the Ag Center. We'll walk most of the perimeter of the campus, go through the museum area and check out the gazebo. Start time 8:30. Contact Kathie Tange-Dupre at kathie.tange-dupre@bpsm.com or call/text at 615-512-1520 Address is 5045 Briarwood Drive (Harding Place to Danby (south) to Briarwood – NOT from Edmonson).

Mar 28 - Program Meeting. The Southeast Cave Conservancy, Inc. (SCCI) works actively to conserve subterranean treasures in six southeastern states. Fortunately, Tennessee is one of them. The group celebrated 25 years of conservation work in 2016 and now owns or leases 34 cave properties, protecting and preserving habitat for creatures that in many cases live nowhere else. SCCI's executive director Ray Knott will be talking about this dynamic group's mission and their work. Bring your friends!

TTA and CTC phase out joint memberships

TTA was the parent organization for CTC until January 2016 when TTA spun off CTC.

Now that CTC has its own 501(c)3 status, and both organizations are operating independently, TTA and CTC have discontinued joint memberships.

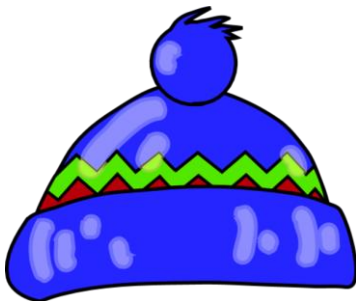
In other words, if you want to join TTA, please visit the TTA website (www.tennesseehike.org) and connect to the Member Service tab to join online. Alternately, print a copy of the membership form that is located on the back page of the TTA newsletter and send to the address on the form.

If you want to join CTC, please visit the CTC website (www.cumberlandtrail.org) and pull down from the "About" Tab where you will find the link for Membership. If you don't have computer access, please contact the CTC office in Crossville at 931-456-6259 and they will assist you with renewal by mail.

We hope you will continue to support both TTA and CTC through membership donations and volunteer hours as hike leaders, trail construction and maintenance crew and other volunteer opportunities.

TIP

In the fall, winter and spring, always bring a stocking cap or warm hat. Weather is often unpredictable, and covering your head will keep you more comfortable in a variety of conditions.



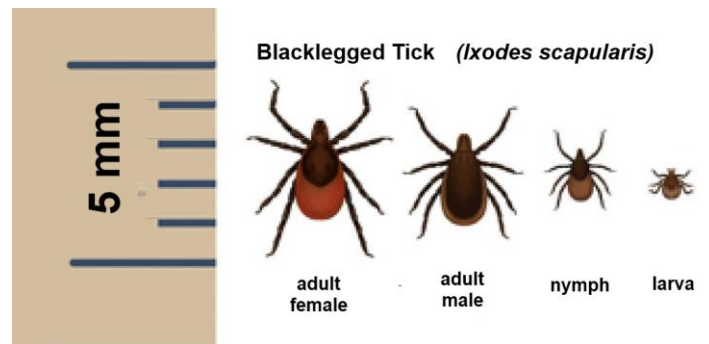
It's Tick Season

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

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

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

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



PLATEAU CHAPTER (Crossville)

CHAPTER CHAIR: Cheryl Heckler 931-200-7436
plateau@tennesseetrails.org
TREASURER: Bill Quattrociochi 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.

Mar 4 – Millennium & Merritt Ridge Trail, Edgar Evins State Park, Silver Point. This is a joint hike with the Murfreesboro Chapter. This 8 mile strenuous hike is a beautiful trail along the hilly shoreline of Center Hill Lake. We will encounter rocky ridges, lakeside bluffs and wooded hollows. Lunch will be near the water's edge, where we should be able to see Center Hill Dam. It's possible we may see some early wildflowers, too. For more information and to register contact Sara Pollard 615-714-3610 or sarabpollard@gmail.com with the Murfreesboro Chapter or contact Cheryl Heckler from Plateau Chapter 931-200-74436 or thehecklers@charter.net. Plateau Chapter will depart at 8 am CT from SW corner of Crossville Outlet Center off I-40 exit 320.

Mar 9 – Chapter Meeting. First United Methodist Church Annex, 69 Neecham Street, Crossville at 6 pm Dinner at LaCosta's Restaurant, 138 The Crossings, Crossville at 5 pm CT. Program – To be determined. Contact Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information.

Mar 25 – CT Upper Leggett to Rock Creek Bridge & Rock Creek Loop, Sale Creek. This is a moderate 8.4 mile hike on the Cumberland Trail beginning from Upper Leggett Rd descending on the Rock Creek Loop affording views of Rock Creek and traversing several ridges through a mixed forest of pines and hardwoods. At the Boiling Springs Branch Bridge we will continue on the main trail descending and ascending along ridges as it rises above Rock Creek crossing Leggett Branch Cascades to the 80 ft. Rock Creek Bridge. After a lunch break at the bridge we will return on the main trail to the Upper Leggett parking. Wear boots; bring water, snack and lunch. Depart Trinity Tabernacle on Hwy 127 S at 8 am CT. Contact Cheryl Heckler at thehecklers@charter.net or 931-200-7436 to register or for additional information.

SODDY-DAISY CHAPTER

CHAPTER CO-CHAIRS: Jean Smith 423- 423-3475
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>

Mar 4 - Frozen Head. Approximately 8 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 8 am. Hike leader: George Bonneau.

Mar 7 - Sitton Gulch (Cloudland Canyon). Approximately 5 miles. Moderate. \$5 parking fee. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Mar 11 - Raccoon Mountain. Approximately 4 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Mar 14 - Little Cedar Mountain. Approximately 5 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Mar 18 - Mowbray Pike to Big Soddy Gulf. Approximately 9 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: John Politte 423-304-8327.

Mar 21 - Glen Falls. Approximately 5 miles. Moderate to strenuous. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

Mar 25 - Savage Gulf Greeter Falls to Stone Door and back. Approximately 8 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 9 am. Hike leader: George Bonneau.

Mar 28 - Pots Cabin. Approximately 3 miles. Moderate. Meet at Food City parking lot in Red Bank at 9 am. Hike leader: George Bonneau.

SUMNER TRAILS CHAPTER

CHAPTER CHAIR: Lynn Takacs 615-479-7702
sumner@tennesseetrails.org

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

Mar 18 - Rock Island State Park, Rock Island, TN. 2 miles. Easy. We will meet Ranger Matt Garrison at the Old Mill parking lot and Great Falls overlook and learn about the historical significance of the river and its long time relationship to the area - then we will proceed to the Powerhouse and hike the 1.7 mile Downstream Trail featuring Twin Falls and the Blue Hole. Bring water, snacks, shoes you don't mind getting wet, and your wildflower book - after the hike we will have a late lunch at Rock Island Market in Rock Island before heading back. Meet for carpooling at First Presbyterian Church in Hendersonville at 9 am CT or at the State Park Visitors Center at 11:30 am CT. For further info contact Downstream Al at *ballallenger@aol.com*.

Mar 31 - Fontanel Mansion, 4125 Whites Creek Pike. This is an easy hike with only a slight climb. We may investigate the connection to Metro Greenway that connects to the trail system. Distance would be 1.5 to 3 miles depending on which option we choose. Lunch at the restaurant on site for those interested after the hike. For carpool meet at Kroger Glenbrook parking lot at 9:15 am or meet at the Fontanel parking lot around 10 am CT. Contact Sally Ticaric at 615-218-1086 or *sallytic@aol.com* for more information.

100 Mile Challenge

Great Smoky Mountains and Big South Fork area had the 100 mile challenge in 2016. If you completed or started the challenge and would like to be mentioned in the April newsletter with stories, pictures or just your name email *editor@tennesseetrails.org* by March 10. I would like to know just how many members of TTA done the challenge.

Thanks!

Louise Miniard
Upper Cumberland Chapter

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

Mar 4 - North Rim Savage Gulf. The Plateau to Rim Hike is located in Savage Gulf Wilderness Area. The hike, having two versions, is designed for the moderate (9 miles) as well as the long distance hiker (17 strenuous miles). Both versions of the hike will start and end at the Savage Ranger Station. The shorter version of the hike will go down the Savage Day Loop and North Plateau Trails cutting across at the Mountain Oak Trail to the North Rim Trail, which you will take back to Savage Ranger Station (9 miles). The longer version of the hike will go down the Savage Day Loop and North Plateau Trails all the way out to Hobbs Cabin to the North Rim Trail, which you will take back to Savage Ranger Station (17 miles). Groups carpooling to the hike and doing a different version of the hike should be prepared for the difference in hiking times. Bring hiking boots, water, snacks, and lunch. You can meet us at Savage Ranger Station at 8:00 am CT. For more information and to register contact Mike Shane at *mikeshane@charter.net* or 931-446-4306.

Mar 11 - Greeter Fall to Savage Ranger Station via South Rim Trail. Savage Gulf State Natural Area, Beersheba Springs, TN. 17.2 miles. Strenuous. This hike begins at the Greeter Falls parking lot and ends at the Savage Gulf Ranger station. We will begin hiking at 8 am CT and will visit Greeter Falls. Then we will hike to Alum Gap, down into the Big Creek Gulf over to Sawmill campground. We may shorten the hike from Alum Gap to Sawmill depending on water levels in Big Creek. At Sawmill campground we will hike on the Connector trail to Stagecoach road up to the South Rim trail. We will follow the South Rim trail to the Savage Day Loop, then hike on the Savage Day Loop to the Savage Gulf Ranger station. Those wanting a shorter hike can exit at the Stone Door Ranger station. Another shuttle would be necessary. Please bring head lamp, lunch and snacks, water, good hiking boots, and raingear. For information about the hike, carpooling, and to register contact Gary Kimbrell at 931-215-9520 or *Gary.Kimbrell@fbttn.com*.

Con't on next page

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president@tennesseetrails.org

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TN Rails To Trails Advisory Council Representative

Bob Richards 615-532-0753
TRAC@tennesseetrails.org

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ARE LISTED WITHIN EACH CHAPTER'S HEADER

Newsletter Editor

LouAnn Partington 931-393-4835
editor@tennesseetrails.org

Upper Cumberland Chapter – con't.

Mar 18 - Frozen Head Chimney Top Trail, Frozen Head State Park, Wartburg, TN. We will hike to Chimney Top from the ranger station via the Chimney Top Trail. The view from the top is wonderful. We will lunch at the top and those who want a shorter hike can then retreat along the ridge top to the Spicewood Branch Trail for a total distance of about 9.1 miles. Those wanting a longer hike can proceed to the Lookout Tower for some more great views from atop Frozen Head Mountain returning via the North Old Mac trail for a total distance of 12 miles. Bring lunch, water, snacks, headlamp, raingear, and wear good hiking boots. Elevation changes and the distance covered make both routes strenuous. You can meet us in the Penney's parking lot in Cookeville at 7:00 am CT. We will begin the hike from the Frozen Head ranger station around 9:00 am CT. For information and to register contact Gary Kimbrell at 931-215-9520 or Gary.Kimbrell@fbitn.com.

Mar 25 - Ray Branch, Tims Ford State Park, Winchester, TN, 12 miles. Moderate to strenuous due to distance. This hike will start at 8:30 am from the Tim's Ford Visitor Center. The trail wraps around Tim's Ford Lake for the majority of the 12 miles and has some of the most awesome lake views around. Rolling hills and the lack of major hills or valleys make for the perfect long distance casual hike. Please bring sturdy hiking shoes, weather appropriate clothing, and a snack for your hike leader Mike Shane. For information about the hike or to register please contact Mike Shane 931-446-4306 or mikeshane@charter.net.

Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on the 10th of each month for the following month's newsletter.

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

Please note: Newsletter submissions to the "editor" address are automatically copied to the webmaster for inclusion on the TTA website.

TIP

Dressing in layers will allow you to adjust to different levels of exertion. Weather can change unexpectedly in the spring, fall and winter, and proper layering will help keep you comfortable, warm and dry.

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

ADDRESS SERVICE REQUESTED



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

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

- A NEW MEMBER**
 RENEWING MY MEMBERSHIP

Mar 17

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,
Cheryl Heckler 931-200-7436 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.

** _____ **

Please list me with the following chapter:

___ Clarksville
___ Columbia/Franklin
___ East TN (Oak Ridge/Knoxville)
___ Highland Rim (Manchester/Tullahoma)
___ Jackson
___ Memphis
___ Murfreesboro
___ Nashville
___ 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.