

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



National Trails Day – Saturday, June 3

Each year, on the first Saturday of June, American Hiking Society and trail organizations invite Americans of all ages and abilities to find their own adventure and discover their unique story at one of the thousands of events hosted throughout the country.

Go celebrate American Hiking Society's National Trails Day on June 3 by either planning an event or joining an event. The American Hiking Society website has all the information you need to host an event.

Don't miss the opportunity to #FindYourTrail and experience the great trails in Tennessee and across the country.

For more info, visit the AHS and explore the National Trails Day link.

Go find your trail and celebrate the beginning of summer.

Happy Trails,

Carolyn Miller
TTA President



Evan Means Grants Still Available

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 2017, we budgeted \$5,000 and after funding three projects, we still have some funds remaining.

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 after the board has reviewed and approved the requests. However, requests may be considered at other times throughout the year and if funds are available. For the 2017 grant cycle, we still have funds remaining!

If you have a trails project that needs funding, please download the grant application from the website. Alternatively, you may e-mail grants@tennesseetrails.org or Bob Richards at Trailbob51@outlook.com for more information or to request an application.



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

If you were not able to join the Spring Breakaway, or want to continue to build the Cumberland Trail, we have a couple of options: Call the CTC office and arrange to join the Trail Crew during their weekly work day or schedule to join the trail crew during the Spring Big Dig.

The Central Crew works in the Crossville area and the Southern Crew works in Graysville in the McGill Creek Gorge. Training always provided

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

Other Volunteer Positions:

WagonMaster - lead 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 Cumberland Trail State Park. 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>.

2017 TTA CUMBERLAND TRAIL 100-MILER AWARD

This award is designed to promote the individual's awareness of the Cumberland Trail and result in good personal fitness habits. The 100-miler award is presented to the individual who meets the following requirements.

- Hike 100 miles of the Cumberland Trail. Hikes may be of any length and there is no time limit accumulating the 100 miles. However, no segment can be repeated.
- Record the hikes, hiking dates, mileage and condition of the trail on Log Sheet, contact CTC office for log sheet.
- Complete a minimum of 10 hours of service work. This can include maintenance on the trail, campsites, bridges, signing or other approved projects by the Cumberland Trails Conference, (CTC).

Contact the CTC office for the log sheet and to report the completion of the requirements.

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
clarksvillesecy@tennesseetrails.org
- OUTINGS COORDINATOR:** Paul Schwab 931-801-9484
clarkvillehikes@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>*

May 6 - Overnight, Cove Lake SP, Hike on the Cumberland Trail. Difficult. Suva Bastin 931-645-2849. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 217 miles to Campground.

May 13 - Warner Park's Connector and Mossy Ridge Trails. 6.5 miles. Moderate. Paul Schwab 931-645-9068. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot. 52 miles to trailhead.

May 16 - Monthly Chapter Meeting.

May 20 - Liberty Park, Clarksville. 3.5 miles. Easy. Donna Fondren 931-472-5185. Meet 9:00 am at the Liberty Park Pond parking area.

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.

Please check the TTA website for updates on our hikes.

There will be no formal meeting in May for the Columbia/Franklin chapter

May 10 - Cumberland River Bicentennial Trail Hike. The Cumberland River Bicentennial Trail is located twenty minutes from Nashville just outside of beautiful Ashland City TN. Tour the scenery of the Cumberland River along our 6.7 miles of trails. In about 1992 a group of trail enthusiasts from different places in Middle Tennessee got together to discuss the possibility of turning the railroad bed from Nashville to Clarksville into a trail. The goal of that group was a long trail from Nashville to at least as far north as Land Between the Lakes. At the same time, the Mayor and Vice mayor of Ashland City were considering leasing part of the rail bed and turning it into a trail. These two groups met up by accident at a Greenway conference late in 1993 and started working on the common goal of making a trail. Ashland City took over the responsibility of developing the 7 miles from the downtown to Chapsmansboro Road. The other group formed the Cumberland River Corridor Task Force and worked to develop the entire rail bed, often in conjunction with the Ashland City group. We will meet at McDonald's in Spring Hill, TN located at 4908 Columbia Hwy at 7:30 am in order to leave by 7:45 am. Please contact Jane Coffey if you plan to attend this hike. Jane Coffey - *jecoffey0644@gmail.com* or 615-516-6551.

May 20 - Stillhouse Hollow Falls Work Day. We will clear the trails and pick up any loose litter. We do not need to be at the park until about 9:00 am. Please bring a snack and some trail shoes in the event the creek is high and we need to make more than one crossing. After working the trails, we can depart Stillhouse and possibly have lunch in Columbia. Ellen Clark will lead this work day. Please contact her to let her know if you will be working with us that day. We will meet at McDonald's in Spring Hill at 4908 Columbia Hwy at 8:15 am. If you would like to meet at the park, please let Ellen know that. Ellen Clark - *ercclark@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

May 6 - Piney River Trail. Join us for this great hike. This trail is a segment of the Cumberland Trail and was one of several Pocket wilderness areas developed by the Hiwassee Land Company of the Bowater Southern Paper Corp. and later deeded to the State of Tennessee. While this trail is now part of the CT, it has historically been called "Piney River Trail". The elevation change is about 800 feet in a total distance of about 8 moderate to easy miles. At times the path follows an old narrow-gauge railroad line for easy walking. The trail runs alongside the Piney River and we'll enjoy several nifty bridges along the way. There are waterfalls, gorgeous river views and old growth forest. There could be some nice wildflowers too. We will meet to carpool at 7:45 am ET in the parking lot of Denney's at the Watt Rd exit off 1-75. Also we will meet up again at the McDonalds in Spring City at 9am ET. It's just a short drive to drop a shuttle car and proceed to the trailhead. Don't forget your snacks, water, appropriate footwear and \$\$\$'s for carpooling. Pre-register with Rosie at *mrosemary04@gmail.com* or 865-985-9144.

May 13 - Middle Prong Trail to Indian Flat Falls. 7.4 miles out and back. 1000 foot elevation gain. Noted for its many waterfalls, cascades, and cataracts, the trail was a former railroad bed for a lumber camp. It still has the remains of a rusting Cadillac at mile 2.0. At roughly 3.7 miles is Indian Flat Falls. Hike leaders are Karen Towle and Robby Paul. Meet at 9:00 am ET in Maryville on Hwy. 321 at Brown's Creek Shopping Center, down from Blount Memorial Hospital, near Food Lion end close to the road. Register with Robby Paul at *robbypaul@hotmail.com* or 865-983-6926. Bring a snack, water, and plan to eat at Becky's Grill afterwards.

May 20 - Ramsay Cascade and Plemmons Cemetery. This hike starts in Greenbrier Cove and ends at Ramsay Cascade 4 miles away. The hike to the cascade is almost all up hill, gaining about 2200 feet in 4 miles. The hike difficulty is moderate to difficult. On the way back we will stop and hike to Plemmons Cemetery - about 1 mile round trip with little or no elevation change. The total hiking distance is about 9 miles. We will meet in the Baptist Church of Bearden parking lot for car-pooling and leave at 8:30 am and stop at the Cracker Barrel at Straw Plains Pike, leaving there at 9:00 am 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 and plenty of \$\$\$'s for carpooling. After the hike plan on stopping on the way back for a meal and refreshments. For specific information about the hike, please call Tom at 974.4422 or leave a message at 865-588-5622 or send an email to *cressler@utk.edu* before May 19th.

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May 27 - Schoolhouse Gap, Turkeypen Ridge, Finley Cane, and Bote Mountain Trails. The hike will start at the Schoolhouse Gap trailhead on Laurel Creek Road and hike to Turkeypen Ridge trail, gaining about 200 feet in 1.1 miles. We will then hike Turkeypen Ridge trail back to Laurel Creek Road, gaining about 300 feet then losing about 400 feet in 3.4 miles. From Laurel Creek Road we will hike Finley Cane trail to Bote Mountain trail, gaining about 200 feet in 2.8 miles. The Bote Mountain trail will take us back to Laurel Creek Road, losing about 300 feet in 1.3 miles. This is an moderate 8.6 mile hike. We recommend shoes to wear to and from the hike plus sturdy hiking shoes, a lunch, something to drink, a camera and a windbreaker in case it rains. We will meet in the Central Baptist Church of Bearden parking lot for car-pooling and leave at 8:30 am, stopping at the Browns Creek Shopping Center parking lot nearest the Sonic at 1707 E Lamar Alexander Pkwy, across the street from the Hardee's, near the hospital in Maryville. We will leave there at 9:00 am. We recommend that riders in a carpool pay the driver 5 cents for each mile. Round trip distance from Knoxville is 88 miles ($\$.05 \times 88 = \4.40) and from Browns Creek Shopping Center, 48 miles ($\$.05 \times 48 = \2.40). After the hike plan on stopping Applebee's in Alcoa on the way back for a meal and refreshments. For specific information about the hike please call Tom at 865-974-4422 or leave a message at 865-588-5622 or send an email to cressler@utk.edu before May 26th.

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.*

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Mary Etta Ward 931-581-9906
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.

May 6 – Cloudland Canyon State Park, Trenton, Georgia. Overlook Trail, Waterfalls Trail, West Rim Loop Trail. 7 miles. Moderate. Cloudland Canyon State Park is located on the western edge of Lookout Mountain. The park straddles a thousand-foot deep gorge cut into the mountain by the combined waters of Bear and Daniel Creeks. We will visit Cherokee Falls and Hemlock Falls, plunging 60 and 90 ft. and hike the western rim of Cloudland Canyon. Bring water, snacks and lunch. Contact Joan Hartvigsen, jhartvigs@comcast.net or 931-962-0811 for information on the carpool from Monteagle Elementary School. The Park is only fifty minutes from Monteagle.

May 13 – Fiery Gizzard Trail, South Cumberland State Park, Tracy City TN. 12.5 miles. Moderate. Joint hike with the Murfreesboro Chapter. Michael Glennon and Sara Pollard will co-lead. We will begin our hike at Foster Falls and hike to the Grundy Forest picnic area. This is a beautiful trail that offers scenic views, waterfalls, rock formations and hemlock trees over 200 years old. This hike will include the approximately two mile rerouted section of the Fiery Gizzard Trail which drops down over the bluff and into the gorge. Along the reroute we will enjoy gorgeous views of eighty foot Anderson Falls. It took eighteen months of hard work to complete the reroute and we are still able to take a spur trail to Raven's Point. We will be taking the Dog Hole Trail to avoid the "boulder field" section. Shuttle set up will be required. To register or for more information contact Michael Glennon 931-571-0502 or kb4jhu@arrl.net.

May 13 – Millennium Loop Trail and Merritt Ridge Loop Trail, Edgar Evins State Park, Silver Point, TN. 8 miles. Moderate. Steep ups and downs. Lovely ridge views. Beautiful views of Center Hill Lake and the cliffs and hills that surround it. Bring water, snacks and lunch. Bring hiking sticks and wear sturdy hiking boots. Contact Joan Hartvigsen, jhartvigs@comcast.net or 931-962-0811 for carpool information or time to meet at Edgar Evins Visitor Center.

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Highland Rim Chapter – con't.

May 19-21 – Frozen Head State Park, Wartburg, TN. Hiking and camping weekend. Joint activity with the Murfreesboro Chapter. Jan Safavi and Marietta Poteet will co-lead a camp/hiking weekend at Frozen Head State Park. The group campsite will hold fifteen people so first to reserve a place with Jan or Marietta will have a choice. There is a fee to camp which will be divided up among the campers. Saturday we will hike the Bird Mountain/Tower Trail Loop, which is about eleven miles. It will be a strenuous hike so you must be up to a challenging hike. Sunday we will hike the Old Mac Loop which is about six miles. Please email Jan at safavi.jan@gmail.com or Marietta at nannietta@blomand.net to reserve a spot.

May 22 – Chapter Meeting. Dinner at 5:00 pm, Ruby Tuesday, 1936 N. Jackson Street, Tullahoma. Meeting at 7:00 p.m. D. W. Wilson Community Center. Tom Gillard, Jr. will present a program on his recent hike up to Mount Washington in New Hampshire.

Planning Ahead:

June 9-12 - Great Smoky Mountains National Park Camping and Hiking Weekend. Joint activity with the Murfreesboro Chapter. Camping in Big Creek Campground June 9 - 11, Group Campsite GP01. Friday: Hike to Mouse Creek Falls on Big Creek Trail. 4 miles total out and back. 530 ft. elevation change. Easy. Saturday: Hike to Mount Sterling via Mount Sterling Gap on the Mount Sterling Trail. Return to Big Creek Campground via Baxter Creek Trail. 8.5 miles total. Elevation gain of 1,950 ft. up to Mount Sterling Fire Tower. Mount Sterling's summit is 5,842 ft. above sea level. Elevation loss of 4,100 ft. down Baxter Creek Trail to our campsite in Big Creek Campground. Moderately strenuous. Great 360-degree views on Mount Sterling Fire Tower of the Smokies and the meadow of Max Patch. Old-growth forest on Baxter Creek Trail. Shuttle required to retrieve vehicles parked at Mount Sterling Gap. Sunday: Hike the Cataloochee Divide Trail to Appalachian Highlands Science Learning Center. Parking is very limited at trailhead so we will carpool using the Suburban (six hikers) and two other vehicles which can each transport five hikers. We will leave our remaining vehicles at our Big Creek Campsite. GP01. Checkout is Monday June 12, 12 pm ET. The Science Center is located on 530 acres on a mountain top which provides a 360 degree view of surrounding mountains and valley. 8.4 miles round trip. 970 ft. elevation change. Moderate. Friday evening after our hike we will share a potluck dinner at Group Campsite GP01. Saturday we might eat at the campground. Each camper responsible for her own Saturday meal. Or, we can drive to Ruby Tuesday or Monterrey Mexican Restaurant located at Exit 435, Interstate 40. Big Creek Campground is three miles from Interstate 40. Total driving time to the Newport restaurants is thirty minutes. Contact Joan Hartvigsen, jhartvigs@comcast.net or 931-962-0811 to learn if there is available space. The Group Campsite may be full. Options include camping in nearby individual Big Creek campsite or waiting list for Group Campsite.

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

May 2 - Chapter Meeting.

May 5-7 - Beginner Backpack. 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.

MEMPHIS CHAPTER

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

May 6 - Herb Parsons Lake State Park, Fisherville. This is a flat 6-mile hike that will take about 3 hours around the lake and through the woods. Meet at 9:30 am at the lake and bring snacks and water. Rain will cancel. For questions contact Janet at 901-761-0705.

MURFREESBORO CHAPTER

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

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

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

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

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

BLOG: www.tennesseetrails.org/blog/murfreesboro

May 6 – Long Hunter State Park Day Loop. 4.5 miles. Easy/moderate. This loop trail winds its way through mature oak-hickory forest and offers scenic bluff views of Percy Priest Lake. We should see some wildflowers still in bloom. Bring water, lunch and snacks. We'll meet at the trailhead off Bakers Grove Lane at 9:00 am. If you need directions, please contact Jan at safavi.jan@gmail.com or 615-390-9146.

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

May 13 – Fiery Gizzard Trail. South Cumberland State Park. 12.5 miles. Strenuous. Joint hike with the Highland Rim Chapter. Michael Glennon and Sara Pollard will co-lead. We will start our hike from Foster Falls and hike to the Grundy Forest State Natural Area picnic area. This is a beautiful trail that offers scenic views, waterfalls, rock formations and hemlock trees over 200 years old. This hike will include the approximately 2-mile rerouted section of the Fiery Gizzard Trail that drops down over the bluff and into the gorge. It took 18 months of hard work to complete the reroute and we are still able to take a spur trail to the overlook at Raven's Point. We will be taking the Dog Hole Trail to avoid the "boulder field" section of the Fiery Gizzard Trail. Shuttle set up will be required. To register or for more information, contact Sara Pollard at sarabpollard@gmail.com or 615-714-3610.

May 19-21 – Frozen Head State Park Weekend Camping. Joint hike with the Highland Rim Chapter. Jan Safavi and Marietta Poteet will co-lead a camping and hiking weekend at Frozen Head State Park in Wartburg. The group campsite will hold 15 people so first to reserve a place with Jan or Marietta will have a choice. The campsite reservation fee will be divided among the campers. We will hike Saturday on the Bird Mountain Loop and Tower Trail which will be about 11 miles. It will be a strenuous hike so you must be up to a challenging hike. On Sunday we will hike the Old Mac Loop which is about 6.1 miles rated moderate. Contact Jan at safavi.jan@gmail.com or 615-390-9146 to reserve a camping spot.

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

May 6 - Bryant Grove Trail, Long Hunter State Park, 2910 Hobson Pike, Hermitage, TN 37076. 8 miles. Easy to moderate. 8:00 am. 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. Options are 8 miles (to Bryant Grove Recreation Area and back) or 4 miles (hike to 2-mile marker, then back). Trail is rated easy to moderate, 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.

May 13 - Beaman Park, Joelton, TN. 3.6 miles. Moderate. Afternoon hike! We will start at 1:30 pm at the nature & visitor's center. We'll follow the moderately easy Sedge Hill Trail for .6, turning onto the Henry Hollow Loop. This is a very pleasant walk up to a ridgetop and then back down to a creek. Beaman Park lies on the Highland Rim just outside of the Nashville Basin along the northwest edge of Davidson County (outside Briley parkway, actually on Old Hickory). Beaman Park is one of Metro Nashville's finest but less visited parks. The varied terrain has some steep, forested slopes, ridge tops and a beautiful creek. The hike is mostly flat but some terrain changes of about 200'. Come rain or shine! Be sure to set aside a little time to spend at the first-class nature center as well! Contact Tom Vickstrom, phone 615-405-6713 or e-mail tomzinger55@gmail.com. For location and trail map visit: <http://www.nashville.gov/Portals/0/SiteContent/Parks/docs/outdoor/Hiking%20Trails/MapBeamanPark.pdf>.

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Nashville Chapter – con't.

May 13 - Snail Shell Cave Preserve, Rutherford County.

Distance not determined, but time will not exceed 2 1/2 hours. Rated easy to moderate. The Southeast Cave Conservancy's Brian Krebs will meet hikers at the preserve site at 10 am. We will hike around the preserve's 27 acres and the sink where the entrance to the cave is located. There is not an established trail so we will be bush-whacking to some extent. Those who would like to go inside the cave (optional activity) should wear waterproof footwear with closed toes, and will need headlamps and helmets. (This will NOT be a full-fledged caving expedition, however.) We will be able to see flora associated with cedar glades and the geology that supports them and makes them unique. If time allows we will take in another short hike on a cedar glade property nearby. You'll need sturdy shoes, long pants, insect repellent, sack lunch of snacks, and plenty of water. If you want to go inside the cave, you will need to have waterproof footwear, helmet (bike helmet will work) and a headlamp. There will be several good photo ops, outside and inside the cave - bring your cameras. For details on where to meet for car pooling, and with questions, contact Nora Beck at 615-517-6486 or norellibee@gmail.com. To read about this special place, go here: <http://www.scci.org/preserves/snail-shell-cave/>.

May 20 - Mt. Olivet Cemetery, 1101 Lebanon Road, east of downtown Nashville. Easy.

It's a beautiful garden cemetery opened in 1855 and situated on a hilltop with impressive statuary, crypts, and tombs. We'll follow a marked walking tour including the Confederate Circle, discussing Nashville history and the monuments as we go. If anyone's interested, we can have brunch/lunch afterwards. Contact Jackie York to sign up and get meeting time -615-294-8241 or jac_yor@msn.com.

May 23 - Annual Nashville Chapter Picnic, Edwin Warner Park, Nashville TN.

Shelter 10, 4:00 pm CT until sunset. Following a potluck meal at 6:00 pm, we'll take a twilight walk on the park roads. The chapter will provide tableware, napkins, and ice, but we encourage you to bring your own non-disposable "mess kits" as a more sustainable alternative. If you have a camping lantern and folding chair, you may want to bring those also. The shelters aren't lighted. For the walk, you will want a flashlight or headlamp. Bring friends! This is the only chapter meeting that also includes a hike, so bring along a friend who's been thinking about going beyond walking in the neighborhood. Directions from Nashville: Drive west on West End/Harding. Turn left at the "split" in Belle Meade to go on Highway 100. Continue on Highway 100 for 3.2 miles and turn left on Old Hickory. Drive 0.7 miles over the ridge and turn right on Vaughn Road at the traffic light. In about 0.3 miles, turn right into the Edwin Warner Park Picnic Area. We will be at Shelter #10, almost at the end. When you see a permanent rest room building, turn left and then left again at the fork immediately following. For more information, contact Doug Burroughs at dougburroughs@tennessee.usa.com or 615-587-0085.

Nashville Chapter – con't.

May 24 - Richland Creek Greenway, Nashville. 3 miles.

Easy. This is a paved greenway connecting McCabe Park and the Sylvan Park neighborhood with White Bridge Pike, Harding Road, and Nashville State Community College. We will meet at 6 pm at McCabe Community Center, 101 46th Avenue North, Nashville, TN 37209. Please contact Dianna Richter to register at 615-587-9633.

May 27 - Taylor Hollow SNA, Sumner County near Westmoreland TN. 4 to 6 miles. Easy.

Great flowers (I hope) and beautiful woods. Email or call Karl Dupre, at karld@comcast.net, or 615-207-2250 for details.

The "10* Essentials"

Before you head out on the trail, check your pack to be sure it contains the following items:

- whistle
- water
- hat/sunglasses
- food
- map
- 1st aid kit
- compass
- flashlight
- fire starter
- rain gear/extra clothing

Other considerations:

- leave someone a copy of your hiking plans
- hiking poles
- common sense

* This list is not to be considered cast in concrete – and should be customized to each outdoor enthusiast's needs.

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.

May 5-7 – NW Georgia, Helen, GA. This is a 3 day hiking and two night hotel stay trip in the Helen, Georgia area. We plan to hike the following trails: on Friday, May 5th we will hike a trail named Springer Loop. It is located near Dahlonega, GA and is about 5 miles in length. It is rated moderate. On Saturday, May 6, the hike will be on the Appalachian trail from Hog Pen Gap to Neels Gap. It is 6 miles in length and is rated difficult due to elevation changes. On Sunday, May 7, our final hike will be in Tallulah Gorge. This will be a 5 mile total hike including two rim trails and a descent into the gorge. This is rated strenuous due to the steep descent and ascent and a 2 mile hike along the gorge with limited trails. If interested in joining us you will need to make your own overnight accommodations but can meet us for the hikes and dinner afterwards. For more information and to register contact Bruce Whitehead at trailwalker80@gmail.com or 941-716-3620.

May 11 – Plateau Chapter Cookout at Meadow Park Lake from 5-7 PM. Meal will start around 5:30 pm. Bring your own meat to grill, beverage and covered dish or dessert to share. Charcoal grills will be ready for grilling by 5:00 pm. Plates, plastic ware, cups, napkins will be provided. Contact Carol Quattrociochi at Quattrociochi@frontiernet.net or 931-484-4230 or Chapter Chair, Cheryl Heckler at thehecklers@charter.net or 931-200-7436 for additional information.

May 13 – CT Retro Hughes to Imodium Falls, Cumberland Trail State Park, Sale Creek, TN. 8.5 miles. Moderate. Be prepared for a creek crossing that could get your feet wet following a rain. Features on this trail include Little Possum Creek, Coalbank Branch, and Little Possum Creek Falls (aka Imodium Falls). Bring your lunch to eat at the falls before retracing our route. For more information and to register contact Cheryl Heckler from Plateau Chapter 931-200-74436 or thehecklers@charter.net. Plateau Chapter will depart at 8 am CT from Trinity Tabernacle Church, 2028 S Main Street, Crossville.

Plateau Chapter – con't.

May 24 – Mountain Laurel hike at the Rugby State Natural Area, Rugby, TN. 5 miles. Moderate. We will venture to the Massengale home place, around the Kellogg's Crack Loop, back along the White Oak trail (where we expect to see the Mountain Laurel in bloom), up to the village, then Laurel Branch trail to Laurel Dale Cemetery and return along the quiet village lane. This hike is held in conjunction with the Morgan County Tennessee Mountain Laurel Festival. Don't feel like hiking the entire 5-miles? Not a problem as there are multiple opportunities to peel off and head back to the village. For more information and to register contact Cheryl Heckler from Plateau Chapter 931-200-74436 or thehecklers@charter.net or the Rugby hike leader Nancy Dorman at 615-202-5891. Plateau Chapter will depart at 8 am CT from Cracker Barrel, 23 Executive Dr, Crossville. We will meet Nancy at the Rugby Visitor's Center at 9 am CT (10 am ET). Plan to eat lunch afterwards at either the R.M. Brooks General Store or Harrow Road Cafe in Rugby.

Each month TTA offers opportunities to volunteer – be it leading hikes, organizing events, fundraising, leadership on the Board – if you've never volunteered to help before, how about it in 2017?



SODDY-DAISY CHAPTER

CHAPTER CHAIR: 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>*

May 2 - Audobon property off Leggett Road. Approximately 2-1/2 to 3 miles. Moderate. We will be walking down the mountain from Leggett Road. We will stage vehicles. Meet at Durham Street parking lot in Soddy Daisy at 7 am. Hike leader: Renee Grace.

May 6 - North Chick to Boston Overlook. Approximately 5 miles. Slightly strenuous. Meet at Walmart parking lot in Soddy Daisy at 7 am. Hike leader: TBA.

May 9 - Booker T Washington. Approximately 5 miles. Moderate. Meet at Target parking lot on Hwy 153 at 7 am. Hike leader: Donna Pyers 423-344-9271.

May 13 - Retro Hughes Road to Lower Leggett Road. Approximately 8-1/2 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 7 am. Hike leader: John Politte 423-304-8327.

May 16 - Stringers Ridge. Approximately 4 miles. Moderate. Meet at the parking lot at the end of Spears Avenue at 9 am. Hike leader: Gail Stokes 423-756-8219.

May 20 - Upper Leggett Road to Retro Hughes and back. Approximately 10 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 7 am. Hike leader: John Politte 423-304-8327.

May 23 - Heiss Mountain to Big Opossum Creek and back. Approximately 3 miles. Moderate. Meet at Durham Street parking lot in Soddy Daisy at 7 am. Hike leader: TBA.

May 27 - Piney River. Approximately 8-1/2 miles. Strenuous. Meet at Durham Street parking lot in Soddy Daisy at 7 am. Hike leader: TBA.

May 30 - Enterprise South. Approximately 6 miles. Moderate. Meet at Target parking lot on Hwy 153 at 7 am. Hike leader: Donna Pyers 423-344-9271.

DON'T LET POISON IVY SPOIL YOUR SUMMER FUN

Tennessee is full of lush, green vegetation in summer - but if it has 3 leaves, assume it's poison ivy. A few tips to minimize your chance of an allergic reaction:

The allergic reaction is caused by an oily resin in the plant. This resin is called "Urushiol" (pronounced "You-roo-she-all"). If you know or suspect you were in contact with Poison Ivy, use a little rubbing alcohol to wipe off the resin. As soon as possible, take a shower or at least wash the exposed area with some soap and water. (There's no need to go crazy scrubbing your skin raw. That will just give you a different skin problem!)

A lot of people get exposed by handling other things that were in contact with poison ivy (clothes, boots, dogs). So minimize your post-hike contact with these items. Take a change of clothes and shoes for after the hike. Put your dirty clothes and boots into a bag, and take your clothes *straight* to your washing machine when you get home. You can clean your hiking boots with cool, soapy water.

Don't get cocky. Although about 15-20% of the American population is non-reactive to Poison Ivy (Urushiol), these people can become sensitized to it after being exposed. In other words, just because you have never had a reaction in the past, it doesn't mean you are immune forever. Always assume the worst, and minimize your contact.

If you are allergic to Poison Ivy, be aware that Urushiol exists in other plants (generally in smaller amounts). Be careful handling any vines, anything evergreen (for example, pine needles) and even some edibles like cashews and mango peel.

If your pooch has been romping in poison ivy, follow this veterinarian recommendation: the owner should put on rubber dish washing gloves and wash the dog with dish washing liquid (avoid the eyes!). Why dish washing liquid? Because it dissolves the oily resin on your dog's fur. Please consult your vet if your dog has a skin sensitivity that would be made worse by using dish washing liquid.

There are topical products on the market that supposedly block poison ivy from contact with your skin. They work well for some people and don't seem to be very effective for others. Whether you want to spend money to use these products or not, it's still a good idea to follow the above suggestions for minimizing your exposure to Urushiol.

SUMNER TRAILS CHAPTER

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

May 6 - Hendersonville Greenway. 2 miles. Easy. The Streets of Indian Lake Greenway Park is Hendersonville's first greenway park. It connects the library at the eastern-point and the Drakes Creek bridge at the western-point. It runs toward Veteran's Park in the north and along side of the Warrior Mountain bike trail. This section of multi-use trail is 1.8 miles long and very scenic with several benches. We will meet to have an afternoon walk on a paved Greenway. Meet at the Hendersonville Library parking lot, 140 Saundersville Rd at 1:30 pm. For more information call or email Sally Ticaric at 615-218-1086 or *sallytic@aol.com*.

May 13 - Volunteer Loop, Long Hunter State Park. 4 miles. Moderate. This beautiful trail is a footpath through mature forest with high rock bluffs overlooking Percy Priest Lake. The trail is rocky so wear sturdy footwear and bring your hiking sticks. After the hike we will go to lunch at Bonfire Mongolian Grill in Mt. Juliet. Meet for carpooling at First Presbyterian Church in Hendersonville at 9 am CT or the Bakers Grove trailhead at 10 am CT. For further info contact Volunteer AI at *ballallenger@aol.com*.

Planning Ahead:

Jun 3 - National Trails Day. Hendersonville Mayor Jamie Clary will lead Sumner Trails Chapter and the public on Warrior Trail, near Whitten Elementary. Meet at 9 am CT at the trail head. For more information contact Chapter Chair, Lynn Takacs, *lynntakacs@comcast.net*.

Jun 17 - Springfield Greenway. 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 or riding, and has only one street crossing. Meet for carpooling at First Presbyterian Church in Hendersonville at 9 am CT. Contact Hike Leader, Shirley Hall, *shall958@bellsouth.net* for further information.

Aug 26 - Peeler Park, Madison. The Peeler Park Greenway is a short, multi-use trail that runs along the river through the wooded Peeler Park. You may also catch a glimpse of a remote-controlled plane or two being piloted from the R/C Airfield within the park. Meet for carpooling at First Presbyterian Church in Hendersonville at 9 am CT. Contact Hike Leader, Shirley Hall, *shall958@bellsouth.net* for further information.

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

May 6 - Annual Meeting/cookout/hike. Cindy Watson's home in Tullahoma, TN. Hikes: Machine Falls, Short Springs Natural Area, and Rutledge Falls. Meeting will start at 11:00, lunch around 12:30 and then moderate hike. Cindy will provide meat dish and bottled water. Bring luncheon dish, and your preferred drink and camping chair if available. Our planning meeting will take place before our meal. Chapter Chair and Chapter Co-Chair are open for nominations. Also, bring a list of hikes that you would like to lead. Let's try to fill our calendar for the 2017-2018 hiking season. Meet at Penney's at 9:00 am or at Bank in Sparta at 9:30 am. You must register to attend. Contact Cindy at 931-247-1459 for RSVP and directions.

May 13 - Charlie's Bunion, Great Smoky Mountains National Park, Gatlinburg, TN. Our hike begins at Newfound Gap and will follow the Appalachian Trail to Charlie's Bunion, a huge rock outcrop with views all around. There will be an optional side-trip to the Jump-Off. The hike is 8 miles (9 with the Jump-Off) and is rated moderate to strenuous due to the uneven and rocky terrain. Bring snacks, headlamp, water, lunch, raingear and good hiking boots. You can meet us in the Penney's parking lot in Cookeville at 5:30 am CT. For information and to register, contact Gary Kimbrell at 931-215-9520 or *Gary.Kimbrell@fbitn.com*.

May 20 - Virgin Falls, DeRossett, TN. This is a 9-mile strenuous hike to the 110 foot tall Virgin Falls. Along the way, we will pass a 30-foot waterfall, Big Laurel Falls. There is a stream crossing and some difficult footing on this hike, including the need to cross a rock field at Big Laurel Falls, so the hike may be canceled or changed due to high water. Therefore, register with hike leader to be informed of possible cancelation or changes. Bring snacks, water, lunch, and hiking boots. You can meet us at the US Bank across from McDonald's in Sparta at 8:00. For information and to register contact Janet Chaffin 931-644-1207

OFFICERS:

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Garnett Rush 865-268-5181
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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

TTA Second Quarter 2017 Board of Directors Meeting

REI, Brentwood
Saturday, April 29
1:00 PM – 5:00 PM

Welcome and Introductions

Secretary's Report – Jackie York

- Approval of the Minutes of February 2017 Board meeting

Treasurer's Report – Kathy Woods

- Results for 1st Quarter 2017

Membership Report – Cheryl Heckler

Old Business

- ByLaws Update
- Website Update
- Annual Meeting Update

All members are welcome to attend

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.

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

ADDRESS SERVICE REQUESTED



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

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

- A NEW MEMBER**
 RENEWING MY MEMBERSHIP

May 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.