

# 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.*

SUPPORTING THE CUMBERLAND TRAIL



## President's Corner

Here it is August already! I hope your warm months have been packed with outdoor enjoyment on the trails or water, you've stayed hydrated and free of mosquito bites. I also hope you've taken time to pick up trash in the parks as we want to preserve, protect and enjoy our Tennessee environment. Invite a new friend to go on an outing with you; invite them to attend a Chapter meeting; invite them to check out the TTA Facebook page and TTA website. TTA is you so share our knowledge and our joy.

As with most organizations change can be difficult. I encourage you to consider transitioning from a mailed paper newsletter to an electronic version which could be printed at home especially as we consider our direction.

Discover more of Tennessee. Get your hiking boots on or load that kayak onto your vehicle. Enjoy the colors. Slow down, go for a walk and look for the dark purple Ironweed and the blue color of the Mist Flower starting this month.

***"The environment is where we all meet; where all have a mutual interest; it is the one thing all of us share."*** - Lady Bird Johnson

*Mary Etta Ward*

## Volunteer Needed: TTA Newsletter Production Manager/Wrangler

After 17 years of coordinating the monthly production of the TTA Newsletter, Diana Manas will be retiring within a few months. TTA is looking for someone to step up and work on this.

The TTA Newsletter is produced every month, but it is possible to work the arrangements out farther than a month ahead. Also, even though logistics require that the Newsletter be printed, assembled, and mailed in the Nashville area, it is not a necessary requirement for the Newsletter Production Manager task to live in Nashville. Producing the Newsletter requires working with the TTA Newsletter Editor, the Printer, the TTA Membership Director, and with the pool of Nashville Area volunteer hosts for the Newsletter Party. It is at the "party" where the newsletters are collated, labeled, sealed, and stamped to get them ready for mailing.

The bottom line is that all of the steps in the process are lined up so that TTA Members get their Newsletter at least a few days before the first hikes of the month. Further information is available on request. Contact: [president@tennesseetrails.org](mailto:president@tennesseetrails.org).

Tennessee Trails prints and mails about 300 Newsletters each month. If you would like to help TTA save printing and mailing expenses as well as save a few trees, you can choose to have your Newsletter delivered by email as a PDF document that can be read online or printed at home.



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

**Love the Cumberland Trail and want to help complete the trail?** We have opportunities for you. Join the trail crew for a day or more. This is your chance to walk on the trail before it is open to the public.

- The CTC Trail Crew is working on a new section of the Cumberland Trail, Stinging Fork to Hinch Mountain. This section is south of Crossville.
- Members of the crew are also working on the Western Slope of Black Mountain and in the Catoosa Wildlife Management Area. Both locations are near Crossville.
- If you want to join the trail crew and build this section of the trail, please contact the CTC office to register and receive information about where to meet the CTC trail crew. We have a new e-mail address for volunteer questions and registration for programs: [VolunteeratCTC@gmail.com](mailto:VolunteeratCTC@gmail.com).

Want to really build the Cumberland Trail, then consider joining our trail crew as a paid employee. We are hiring Trail Crew members. Contact the CTC office to apply.

As a non-profit organization, monetary donations are also appreciated to support the work of the CTC crew and staff.

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

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

## CLARKSVILLE CHAPTER

**CHAPTER CHAIR:** Philip Anderson 931-561-0925  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**VICE-CHAIR and CHAPTER REPRESENTATIVE:**  
 Paul Schwab 931-801-9484  
[clarksville@tennesseetrails.org](mailto:clarksville@tennesseetrails.org)  
**TREASURER:** Mary Schwab 931-645-9068  
[clarksvilletreas@tennesseetrails.org](mailto:clarksvilletreas@tennesseetrails.org)  
**SECRETARY:** Mary Ann Harris 931-647-9321  
[clarksvilleasec@tennesseetrails.org](mailto:clarksvilleasec@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Paul Schwab 931-801-9484  
[clarksvillehikes@tennesseetrails.org](mailto:clarksvillehikes@tennesseetrails.org)  
*(call Paul & volunteer to lead an outing)*  
**MEETS MONTHLY:** 3<sup>rd</sup> Tuesday at 6:00 pm CT,  
 Crow Community Center, 211 Richview Rd.

**Aug 3 - Rotary Park, Clarksville. 3 miles. Moderate.**  
 Bob Lyon 931-648-2354. Meet 8:30 am CT, first shelter on left after entering park.

**Aug 10 - Window Cliffs Trail. 5.5 miles out and back. Moderate to difficult.** Window Cliffs is a 275-acre state natural area located about 18 miles south of Cookeville. You will get wet when hiking this trail because of several creek crossings. It is recommended to have an extra pair of water or tennis shoes for creek crossing. Meet 7:00 am CT, I 24 Exit 11 commuter parking lot. 118 miles to trailhead.

**Aug 17 - Dunbar Cave State Park, Butterfly & Hummingbird Festival.** Hummingbird banding demonstration, guided hikes, pollinator gardening tips, children's arts and craft activities and more. The festival will start at 9 am and last until 3 pm.

**Aug 20 - Monthly Chapter Meeting.**

**Aug 24 - Long Hunter State Park, Day loop Trail. 4 miles. Moderate.** Paul Schwab 931-801-9484. Meet 8:00 am CT, I 24 Exit 11 commuter parking lot near McDonalds. 63 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](mailto:membership@tennesseetrails.org) and please include your email address.

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## COLUMBIA/FRANKLIN CHAPTER

**CHAPTER CO-CHAIR:** Jane Coffey 615-516-6551  
*columbia@tennesseetrails.org*

**CHAPTER CO-CHAIR AND BOARD REPRESENTATIVE:**  
Marvin Caine 931-486-1632  
*columbia@tennesseetrails.org*

**HIKE COORDINATOR:** Jane Coffey 615-516-6551  
*columbiahikes@tennesseetrails.org*

**MEETS QUARTERLY:** Meets quarterly at the Barnabas Center at  
506 Fair Street, Franklin, TN 37064. The Barnabas  
Center is located behind St. Paul's Episcopal Church.  
Social hour from 6:00 - 7:00 pm. Meeting at 7:00 pm.

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Please check the TTA website for updates on our hikes.

**Aug 10 – Rock Island State Park, 82 Beach Rd., Rock Island, TN 38581.** Rock Island State Park is an 883 acre park located on the headwaters of Center Hill Lake at the confluence of the Caney Fork, Collins and Rocky Rivers. The rugged beauty of the park includes the Caney Fork Gorge below Great Falls Dam. These overlooks are some of the most scenic and significant along the Eastern Highland Rim. Great Falls is a 30 foot horseshoe cascading waterfall, located below the 19th century cotton textile mill that it powered over 100 years ago. Rock Island became a Tennessee State Park in 1969. We are planning to hike the 1.6 mile downstream Gorge trail, the 1.5 mile Eagle trail, and the 1.7 mile Bluff trail, approximately 4.8 miles in total. Marvin Caine is the leader of this hike. Please plan to meet at Tollgate Medical Plaza in Thompson's Station at 7 am. Contact hike leader Marin Caine at *mlcaine@aol.com* or 931-626-2754.

**Aug 24 - Devil's Back Bone Trail, Natchez Trace.** Devil's Backbone is a 950-acre natural area in Lewis County. Devil's Backbone offers a visitor the opportunity for a quiet hike adjacent the Natchez Trace Parkway. The trail follows the ridges of Tennessee's Highland Rim and drops down along a creek into a hollow and back again along the ridge. This inviting walk provides time for enjoying nature and quiet reflection. The approximately three mile trail is a moderately strenuous loop with about 200 feet of elevation change. Not many high quality examples of Western Highland Rim forest communities are known to exist because of present and past land use patterns. While Devil's Backbone represents second or third growth forest, it is unlikely many other sites on the Western Highland Rim will be identified that better represent the region's upland vegetative types. This opportunity is enhanced because of its location along the Natchez Trace Parkway. Jane Coffey is the leader of this hike. Please plan to meet at McDonald's (4908 Columbia Hwy., Spring Hill, TN in Williamson County) at 7:30 am. Contact hike leader Jane Coffey at 615-516-6551 or *jecoffey0644@gmail.com*.

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## 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*

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**Aug 10 - Lumber Ridge and Spruce Flats Falls Trails, GSMNP. 8.2 miles. Moderately difficult.** We will hike Lumber Ridge trail from the Tremont Environmental Center for 4.1 miles, gaining 1250 feet in the first 2.3 miles then losing 250 feet by the time we reach Buckhorn Gap at intersection with Meigs Creek and Meigs Mountain trails. We will then take an unmarked trail to Spruce Flats Falls and from there the Spruce Flats Falls trail to the Environmental Center. You have to cross several small creeks and may get your feet wet. 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 in the Bearden Central Baptist church parking lot for carpooling and leave at 8:30 am, stopping at Brown 's Creek Shopping Center parking lot nearest the Sonic at 1707 E. Lamar Alexander Pkwy. This is across the street from Hardee's near the hospital in Maryville. We will leave there at 9:00 am. Don't forget to bring \$\$\$ for carpooling. For specific information about the hike, please call Tom Cressler 865-588-5622 or send an email to *cressler@utk.edu*.

**Aug 17 - Obed River.** The Obed Wild and Scenic River Park consists of four streams that have cut into the sandstone of the Cumberland Plateau creating rugged landscape wild land and water. There are spectacular gorges with 400 ft cliffs above the streams, and huge sandstone boulders dotting the streams creating large whitewater rapids in the rushing water. We will hike approximately 5 miles in and out at Ally Ford. The trailhead begins at Rock Creek Campground adjacent to Nemo. Pre- registration is required due to the weather conditions. We will have two meeting places. The first meeting place will be at the Ingles parking lot at Merchants Rd Exit off I-75 North at 9:00 am ET. The other meeting place will be at 9:30 am ET at Books A Million parking lot in Oak Ridge. Please register with Sherry at *sbarber6189@comcast.net* or 865-209-6189.

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## HIGHLAND RIM CHAPTER

### (Coffee and Franklin Counties)

CHAPTER CHAIR: Tom Bentley 931-455-5849

[highlandrim@tennesseetrails.org](mailto:highlandrim@tennesseetrails.org)

TREASURER/MEMBERSHIP: Marietta Poteet 931-924-7666

[highlandrimtreas@tennesseetrails.org](mailto:highlandrimtreas@tennesseetrails.org)

#### OUTINGS & PROGRAM COORDINATOR & NEWSLETTER

CONTACT: Joan Hartvigsen 931-962-0811

[highlandrimhikes@tennesseetrails.org](mailto:highlandrimhikes@tennesseetrails.org)

*(contact Joan & volunteer to lead an outing)*

MEETS MONTHLY: 4<sup>th</sup> Monday at 7:00 pm CT at the D. W.

Wilson Community Ctr., 501 N. Collins St., Tullahoma.

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**Aug 3 – TTA Board Meeting.** 11 am CT. Hermitage Library. 3700 James Kay Lane, Hermitage, TN. All members are invited. Contact Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 if you want to carpool.

**Aug 4 – Greeters Falls Loop Hike and Blue Hole Swim.** South Cumberland State Park. Altamont, TN. 4 miles. Moderate. Rough footing in places. Sunday joint activity with the Murfreesboro Chapter. Meet at 1 pm CT in the Greeter Falls Parking lot. Contact Joan Hartvigsen at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 to register and information on carpooling. Bring a lot of water and snacks. Wear sturdy hiking boots and bring hiking sticks. Wear clothes you can swim/wade in. We will visit Greeter Falls, a double waterfall on Firescald Creek. The lower waterfall is 50 ft high and is accessed via a sturdy metal spiral staircase. Some may want to cool off in the plunge pool. The upper Greeter Falls is 15 ft high. Then we will continue on the loop past towering cliffs and gorgeous hemlocks to visit Boardtree Falls. Then we will visit Big Bluffs Overlook to enjoy two panoramic vistas: to the left Big Creek Gulf stretches into the distance, and to the right Greeter Gulf approaches its confluence with Big Creek Gulf. On the way back to the trailhead we will take the spur trail to Blue Hole on Firescald Creek for a refreshing dip.

**Aug 9-11 – Hiwassee Ocoee Scenic Rivers State Park. Camping, Kayaking, Whitewater Rafting, Hiking weekend.** 404 Spring Creek Road, Delano, TN. We have reserved a Group Campsite. Request a spot before the site is full! Friday we will float 5 miles on the Hiwassee River through Cherokee National Forest from the Reliance Bridge Ramp to Gee Creek Campground Ramp. Saturday, we will float 8 miles on the Hiwassee from Gee Creek Campground to Dentville Road Ramp near Dentville, TN. Sunday we may paddle Lake Ocoee from the less congested King Slough Boat Ramp. If you are interested in a Sunday Ocoee River whitewater rafting through an outfitter contact John Ruth, [johnmruth@comcast.net](mailto:johnmruth@comcast.net), 615-485-6185. Or we can hike a trail in Cherokee National Forest. We will use our own recreational kayaks for the Hiwassee River flats and the Ocoee Lake Paddle. Friday night we will share a potluck. Saturday night we will dine in Etowah. More information soon. The Hiwassee River is gorgeous. Contact Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net), 931-962-0811.

### Highland Rim Chapter – con't.

**Aug 16-18 – Camping & Kayaking Weekend.** Tims Ford State Park, Winchester, TN. Camp at Devils Step Island or nearby Fairview Campground. Joint activity with the Murfreesboro Chapter. Friday we will enjoy a moonlight paddle. Saturday we will paddle out to explore Maple Bend and Goose Islands and Owl Hollow Creek and Owl Hollow Wildlife Management Area. Saturday evening we will eat at the new Twin Creeks Marina restaurant, 91 Sail-A Way. Sunday morning we will enjoy an early morning paddle. Contact Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 soon. The island is almost at capacity. Fairview Campground is very popular. Reserve your own Fairview Campground campsite very soon.

**August 23-25 – Obey River and Cumberland River Floats.** Camping at Dale Hollow Dam Campground, U.S. Army Corps of Engineers. Celina, TN. Joint outing with the Upper Cumberland Chapter, Judy Fries. We have reserved three campsites at Dale Hollow Dam Campground. Please contact Joan Hartvigsen to stay in one of these three campsites, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811. Saturday we will float the Obey River from Dale Hollow Dam to Donaldson Park in Celina. This 6.5 mile section of the Obey has a moderate to swift dam controlled current and offers a reliable cold water float through a tree lined corridor. We will see impressive 400 foot sheer rock bluffs on this Obey float. The river is 140 feet wide. Saturday afternoon after the Obey River Float we will tour the U.S. Fish & Wildlife Service Dale Hollow National Fish Hatchery. Sunday we will float the Cumberland River from Donaldson Park Ramp to Butlers Landing Ramp. We will share a meal Friday evening at the campground. We may eat in nearby Celina on Saturday night. Bring your National Senior Interagency Pass. More information soon. Non-campers can meet us at 9:00 am CT at the Dale Hollow Dam ramp on Saturday and 9:00 am CT Sunday at the Donaldson Park ramp in Celina. Notify Judy Fries, [fries.judy22@gmail.com](mailto:fries.judy22@gmail.com) or Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net).

**Aug 26 – Chapter Meeting.** Dinner, 5 pm at Whiskey Trail BBQ and Steak House, 413 Wilson Avenue, Tullahoma. Our meeting is 7 pm at D. W. Wilson Community Center. Marcia Medford will present a program on Antarctica. In 1989 she was chosen by ITT Antarctica Services to be part of the winter-over crew at Palmer Station, where she served as the lab manager. This job lasted from June to October. While at the station there was not much opportunity to travel around, but she will show what life is like at a remote research station. It wasn't as austere as it sounds. In addition to Antarctica, Marcia will show some of her photos from her trip to Brazil last year, including Carnival in Rio and Iguassu Falls. equipment to the work sites.

## Highland Rim Chapter – con't.

**Aug 31 – Short Springs Work Day.** Meet at 9:00 am in the parking lot, 2250 Short Springs Road, Tullahoma, TN. Bring a lot of water. Bring work gloves, pruner, loppers, water shoes, weed eater. Tasks include placing stepping stones in the creek downstream from Machine Falls, trimming foliage back away for the trails, cutting away dead falls to clear trails, weed eating. Please contact Joan Hartvigsen at [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811 to let her know you can help. We appreciate the help from folks with all skill levels, including assistance to carry in

### Planning Ahead

**Sep 4-6 – Santeetlah Lake Paddle and Camping and hiking in Nantahala National Forest Trip.** Camp at Cheoah Point Campground. 1373 Thunderbird Mt. Road, Robbinsville, NC. U.S Forest Service Campground. Right off U.S. Hwy 129 near the eastern end of Cherohala Skyway. Cheoah Point Campground has seventeen non-electric sites which cannot be reserved in advance. Six sites are electric and can be reserved. Many of the sites have awesome views of Santeetlah Lake, which is surrounded by the Nantahala National Forest. The campground has a boat ramp and swimming beach. When not paddling, we can hike in the Nantahala National Forest, trails off Cherohala Skyway or the Fontana/Twenty Mile Area of Great Smoky Mountains. Points of interest include nearby Yellow Creek Falls and Joyce Kilmer Memorial Forest and Shuckstack on the Appalachian Trail near Fontana Lake. Contact Joan Hartvigsen, [jhartvigs@comcast.net](mailto:jhartvigs@comcast.net) or 931-962-0811.



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## JACKSON CHAPTER

**CHAPTER CHAIR:** Melinda Pearson 731-225-4293  
[jackson@tennesseetrails.org](mailto:jackson@tennesseetrails.org)  
**TREASURER:** Anne Goodson 664-1556  
[jacksontreas@tennesseetrails.org](mailto:jacksontreas@tennesseetrails.org)  
**SECRETARY:** Terry McCoy 731-535-0625  
[jacksonsecy@tennesseetrails.org](mailto:jacksonsecy@tennesseetrails.org)  
**OUTINGS COORDINATOR:** Glen Rognstad 731-217-5966  
[jacksonhikes@tennesseetrails.org](mailto:jacksonhikes@tennesseetrails.org)  
*(call Glen & volunteer to lead an outing)*  
**MEETS MONTHLY:** 1<sup>st</sup> Tuesday at Perkins Restaurant, Vann Drive, Jackson. Socializing & dinner starts at 6:00 pm CT; meeting starts 6:45 pm

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**Aug 6 - Chapter Meeting.** We will continue planning fall hikes and activities. We also will vote whether to meet on Monday night or Tuesday night.

**KAYAK/CANOE TRIP IS ON!!** Melinda contacted Henry Horton State Park and they confirmed there are trips this summer. Cost is approximately \$50 a person. that includes hot dog roast on Saturday night and continental breakfast on Sunday morning. It also includes the staff moving tents, sleeping bags, coolers, etc. from state park to the campsite and back to park on Sunday morning. Price includes tents, sleeping bags, kayaks, canoes, life jackets, etc. or you can bring your own. Looking at the calendar some possible dates would be August 31-Sept. 1 (Labor Day weekend) or Sept. 14-15. Let Terry or Melinda know your preference of the dates.

### Planning Ahead:

**Sep 8 - Annual picnic** at 3:00 pm. Possibly at Terry's & Darren's house or at Pin Oak Lake in Natchez Trace. Final decision at the August meeting.

**Sep 28 - Ramsey Cascades in the Smokey Mtns.** Jeff Chambers will lead this hike.

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## MEMPHIS CHAPTER

**CHAPTER CHAIR:** Charlie Bright 901-829-4434  
[memphis@tennesseetrails.org](mailto:memphis@tennesseetrails.org)  
**VICE-CHAIR:** Francis Ruffin 662-701-6284  
[memphisvice@tennesseetrails.org](mailto:memphisvice@tennesseetrails.org)

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No hikes planned. See you in September!

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## MURFREESBORO CHAPTER

**CHAPTER CHAIR:** Tony Jones 615-397-4463  
*murfreesoroboro@tennesseetrails.org*

**TREASURER/BOARD REP:** Sara Pollard 615-714-3610  
*murfreesoroborotreas@tennesseetrails.org*

**HIKE & MEMBERSHIP COORDINATOR:**  
Jennifer Zahn 615-943-8853  
*murfreesoroborohikes@tennesseetrails.org*

**BLOGMASTER**  
Craig McBride 615-394-6121  
*murfreesoroblog@tennesseetrails.org*

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

**BLOG:** [www.tennesseetrails.org/blog/murfreesboro](http://www.tennesseetrails.org/blog/murfreesboro)

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**Aug 4 – Greeter Falls Loop Sunday Hike and Swim. South Cumberland State Park. Altamont, TN. 4 miles. Moderate. Joint activity with the Highland Rim chapter.** We will hike to the lower and upper Greeter Falls. Upper Greeter Falls is a wide cascade and the base of Lower Greeter Falls is accessed by a spiral staircase. Here a stone-walled amphitheater encircles a huge pool in which Lower Greeter Falls pours 50 feet. Then we will continue on the loop to visit Boardtree Falls which spills over a widening rock face. We will also visit Big Bluffs Overlook and enjoy two panoramic vistas. On the way back to the trailhead we will take the spur trail to the Blue Hole on Firescald Creek, a great swimming hole on a hot day. Elevation changes are not drastic and the hike distance is doable by nearly everyone. Bring water and snacks. Wear hiking boots for rough footing in some places, and wear clothes you can swim in or just wade in the pools of water. Meet at 1:00 pm CT in the Greeter Falls parking near Altamont on Highway 56 or there will be a carpool from Murfreesboro. To register and for more information on carpooling contact Sara Pollard at 615-714-3610 or [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com).

**Aug 13 – Chapter Meeting.** 7:00 pm. Rob Lanier will be our speaker and is a leader with the Middle Tennessee History Coalition, dedicated to the preservation and sharing of the rich history of middle Tennessee through education and heritage interpretation. Based in Bledsoe Creek State Park, their Tennessee History Trail is a unique heritage timeline with interpretive stations which span Tennessee history from 1500 to 1800.

## Murfreesboro Chapter – con't.

**Aug 16-18 – Tims Ford State Park Camping and Kayaking. Winchester, TN. Joint activity with the Highland Rim chapter.** We will camp on Devils Step Island or nearby Fairview Campground. Friday we will enjoy a moonlight paddle after setting up camp. Saturday we will paddle out to explore Maple Bend Island, Goose Island, Owl Hollow Creek and Wildlife Management Area. Saturday evening we will have dinner at the new Twin Creeks Marina restaurant, 91 Sail-A Way. Sunday morning we will enjoy an early morning paddle. Bring food for Friday dinner, breakfasts and lunches. There is a limit of campers on the island so sign up soon. You can make your own reservation at Fairview Campground near Devils Step Island if you don't want to camp on the island. Those not camping can meet us on the shore of Devils Step Island Saturday morning. To sign up or for more information contact Sara Pollard at 615-714-3610 or [sarabpollard@gmail.com](mailto:sarabpollard@gmail.com).

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## ANNUAL AWARDS

The Awards Committee is seeking nominations for the Bill Stutz Award and the Tennessee Trails Award. The Tennessee Trails Award recognizes the accomplishments and contributions of individuals and organizations to the furtherance of TTA's objectives. This award may recognize either individual members, non-members, or organizations.

The Bill Stutz Award honors the memory of Bill Stutz, a much beloved hiker who played an active role in the early days of TTA. The award is to be presented to an active hiker and TTA member for his or her individual contribution to the Association or to one of its Chapters. Please email your nominations to the Awards Committee Chair, Linda Latter, [lindaalatter@yahoo.com](mailto:lindaalatter@yahoo.com).

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## NASHVILLE CHAPTER

**CHAPTER CHAIR:** Doug Burroughs 615-283-0507  
[nashville@tennesseetrails.org](mailto:nashville@tennesseetrails.org)

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

**MEETS MONTHLY:** 4<sup>th</sup> Tuesday at 7:00 pm CT in the REI  
Community Room, 261 Franklin Road, Brentwood. For  
directions, visit: [www.tennesseetrails.org/nashville.php](http://www.tennesseetrails.org/nashville.php)

**BLOG:** [www.tennesseetrails.org/blog/nashville](http://www.tennesseetrails.org/blog/nashville)

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### **Aug 3 - Warner Parks, Nashville TN. 9 miles. Moderate.**

We will hike 3 trails. Meet at Warner Park Nature Center, 7311 Highway 100, Nashville, TN 37221 at 7:00 am. First trail is Harpeth Woods 2.5 miles, to Cane Connector 1 mile, to Mossy Ridge 4.5 miles, then Cane Connector 1 mile back to Nature Center. Register with Doug King, 615-542-0486, e-mail [douglasmortonking@gmail.com](mailto:douglasmortonking@gmail.com), or Betty Magee, 615-319-5394, e-mail [monetfan455@yahoo.com](mailto:monetfan455@yahoo.com).

### **Aug 10 - Nashville Urban Hike. 4 miles. Easy.**

Start time is 7:30 am at the Carillon Bells, north end of Bicentennial mall (near Farmers' market and TN State Museum). We will follow greenways a good deal of the way. Our treat for finishing up before the sun gets too hot will be a visit to Farmer's Market well before lunchtime for some fresh fruit and possibly an ice cream. The route will be east, next to the 1<sup>st</sup> Tennessee Ballpark, leading to the Cumberland River Greenway. We will follow the edge of the river, heading south all the way past Broadway and up the hill to where Pinewood Social is. That is the turn-around point. We'll proceed across Korean Veterans' Bridge with some great city views to the green areas east of Nissan Stadium. We cross Woodland Street Bridge, pass city hall and continue to the state capitol, for another special view. Here we return to starting point, although an optional extra mile or so is available into Germantown. We are hiking on pavement. Bring water or plan to purchase some along the way. Contact Tom Vickstrom to register and for more information: 615-405-6713 or [tomzinger55@gmail.com](mailto:tomzinger55@gmail.com).

**Aug 27 - Monthly Chapter Meeting.** It's time for our annual Show and Tell meeting! Members and friends ARE the program - along with pictures of your adventures on trails, from Tennessee to Timbuktu. You're welcome to bring your photos on a thumb drive (best), CD, or hard copy. The more the merrier! Please sign up in advance for this with Doug Burroughs ([dougburroughs@tennessee.usa.com](mailto:dougburroughs@tennessee.usa.com)), so we can apportion time fairly to all who want to show photos. Bring friends too and prepare to be inspired as the prospect of cooler weather brings new incentive to get out there.

## 2019 TTA Board of Directors Meetings

Saturday, Aug 3: 11 AM

Hermitage Library 3700  
James Kay Lane  
Hermitage

Sunday, Oct 20: 9 AM

Fairfield Glade Community  
Conference Center

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

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

Supporting Member donations support the Evan Means Small Grants Fund. Your tax-deductible Supporting Member donations will now directly benefit trail projects throughout the state of Tennessee. We thank you all for your support of TTA at any membership level, but we hope you will enrich Tennessee's trail system by joining or renewing as a Supporting Member.

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### **LEAVE NO TRACE PRINCIPLES**

- ✓ Leave what you find.
- ✓ Minimize Campfire Impacts.
- ✓ Respect wildlife.
- ✓ Be considerate of other visitors.
- ✓ Plan ahead and prepare.
- ✓ Travel and camp on durable surfaces.
- ✓ Dispose of waste properly.

## CONFERENCE HIKES TO CHOOSE FROM

All Times are Central Time

Friday hikes only - the departure time listed is from the FFG Conference Center, however, participants may opt to meet at the designated trailhead and check-in for the conference after the hike. Contact your hike leader to let him/her know if meeting at trailhead.

### CUMBERLAND TRAIL HIKES:

Friday - Depart Noon (12 pm) - Arrive Trailhead 12:20 pm.  
Leader: Tim Case [bikinifun@gmail.com](mailto:bikinifun@gmail.com)

**Black Mountain, Crab Orchard, TN.** This is a moderate 6.4 mi in/out hike from the top of Black Mountain take the Upper Loop Trail to the Northern then Southern Overlooks down to the Chimney, Spring House, old home foundation and chimney then down the Below Bluff Trail to the main CT trail down to Windless Cave and return. From the Southern Overlook on a clear day you can see the Smokies and a portion of Grassy Cove below.

Friday - Depart 12 pm - Arrive Trailhead 12:25pm. Leader: Richard Savage [savage\\_richard@hotmail.com](mailto:savage_richard@hotmail.com)

**Brady Mountain, Grassy Cove Community, TN.** This is a strenuous 6 mi in/out hike up Brady Mountain to the Overlook with amazing views of Grassy Cove below and the Smokies. A short distance past the overlook is an arch and mushroom shaped stacked rocks.

Friday - Depart 10:30 am - Arrive at Stinging Fork Trailhead 11:15 am. Leader: Deb Westervelt [plateauhikes@tennesseetrails.org](mailto:plateauhikes@tennesseetrails.org)

Saturday - Depart 9 am. Leader: Bruce Whitehead [trailwalker80@gmail.com](mailto:trailwalker80@gmail.com)

**Stinging Fork State Natural Area and Piney Falls State Natural Area along Soak Creek, Spring City, TN.** This is a spectacular 7 mi (4hr one-way) hike in the Stinging Fork State Natural Area featuring a 35-foot waterfall and cascade at the end of the first 1 ½ mile. Due to some elevation gain and possibly slick rocks, the hike is rated moderate to difficult of which 4 mi is strenuous. From the falls we'll head down the new trail along Soak Creek. We'll drop off a car or two at the Soak Creek/Piney River Trailhead before we head up to the Stinging Fork Trailhead.

Saturday - Depart 8 am. Leader: Cheryl Heckler [thehecklers@charter.net](mailto:thehecklers@charter.net)

**Daddys Creek Section, Crab Orchard, TN.** Hike is 7.5 moderate miles through the woods passing a rock house and walking along Daddys Creek. The southern trailhead on Hebbertsburg Road is near the TVA power lines to the trailhead at East Keyes Road. There is an elevation change of 324 feet. This hike will require an 8 mi car shuttle.

### CUMBERLAND TRAIL HIKES (con't):

Sunday - Depart 8 am. Leader: Evelyne & Elliot Kornreich [evie417@gmail.com](mailto:evie417@gmail.com). Sweep: Bob McGavock [rcmcg185@gmail.com](mailto:rcmcg185@gmail.com).

**Black Mountain, Crab Orchard, TN.** This is an easy 3 mi hike from the top of Black Mountain going around the Upper Loop Trail to the Northern then Southern Overlooks down to the Chimney, Spring House, old home foundation and chimney then down the Below Bluff Trail along giant boulders and cliffs to the main CT trail turning right and back to the Upper Loop Trail to the parking lot. From the Southern Overlook on a clear day you can see the Smokies and a portion of Grassy Cove below.

### ROCK ISLAND STATE PARK HIKE:

Friday - Depart 11 am. Leader: Peter Broehl [pabroehl@blomand.net](mailto:pabroehl@blomand.net). Sweep: Bob McGavock [rcmcg185@gmail.com](mailto:rcmcg185@gmail.com).

**Collins River Loop Trail** for an easy 2.7 mi then 1.4 mi on Eagle Trail to the Blue Hole then drive to the other side of the river and hike another mile or so on the upstream and/or the downstream trails.

### BIG SOUTH FORK NATIONAL PARK HIKES:

Friday - Depart 10:30 am - Leader: Louise Miniard [liminiard@frontiernet.net](mailto:liminiard@frontiernet.net)

Saturday - Depart 8 am. Leaders: Trish Appleton [Appleton-p2@comcast.com](mailto:Appleton-p2@comcast.com) & Gloria Nelson [bigboned@earthlink.net](mailto:bigboned@earthlink.net).

**Burnt Mill Bridge, near Rugby, TN.** We will hike the Burnt Mill Bridge loop near Rugby. It will be about 5 mi with moderate terrain. For the adventurous hikers there is a waterfall off the trail that requires bushwhacking down a ravine to get to the falls.

Saturday - Depart 8 am. Leader: Bob Obohoski [rao88@yahoo.com](mailto:rao88@yahoo.com)

**Honey Creek Loop, near Rugby, TN.** This is a 5.7 mile strenuous hike. Honey Creek Loop holds some of our most rugged terrain and it will take your breath away with its beauty of rock bluffs, rock houses, cave and waterfall. You will be using your hands and knees to maneuver through or up and over boulders on parts of this trail. We will also be following the creek bed so you may get wet. This is an all day hike.

Saturday - Depart 8 am. Leader: Louise Miniard [liminiard@frontiernet.net](mailto:liminiard@frontiernet.net).

**Loop - Middle Creek, Slave Falls, Needle Arch, Jamestown, TN.** This moderate hike will be a combination of the Middle Creek loop and the Slave Falls loop for a total of 9.3 miles. On Middle Creek we will enjoy large rock overhands, rock houses and high cliffs. On the second loop you will see the 60' Slave Falls, Needle Arch and Indian Rock house.



## BIG SOUTH FORK NATIONAL PARK HIKES (con't):

Sunday - Depart 8 am. Leader: Tim Case [bikinisfun@gmail.com](mailto:bikinisfun@gmail.com).

**Loop - John Muir Trail to Maude's Crack, Jamestown, TN.** This will be a moderate 6 mile loop hike across (water shoes maybe needed) and along No Business creek. For historical info on the No Business community check out this website:

<https://www.nps.gov/biso/learn/historyculture/nobusiness.htm>. Climbing up or down the crack in the rock is strenuous.

Sunday - Depart 8:30 am. Leader: Deb Westervelt [plateauhikes@tennesseetrails.org](mailto:plateauhikes@tennesseetrails.org).

**Loop - Twin Arches, Jake's Place, Charit Creek Lodge, Jamestown, TN.** This is a 6 mile moderately strenuous hike due to the flights of stairs and the continual climb from Charit Creek. The Twin Arches are the largest arches in Big South Fork and quite possibly in the Eastern United States. The South Arch is the highest at 100 feet. After visiting the arches, we pass through several huge rock houses along the base of the cliffs as we wind our way to Jake's Place, the remains of a mid-1800's house and farm. Then we follow the creek to Charit Creek Lodge.

Sunday - Depart 8:30 am. Leaders: Deb & John Martin [jr.dmartin77@gmail.com](mailto:jr.dmartin77@gmail.com).

**Slave Falls, Needle Arch, Jakes Place, Charit Creek Lodge, Jamestown, TN.** We start from the Sawmill Trailhead to Slave Falls, Needle Arch, rockhouses, then on to Jake's Place the site of a mid-1800's house and farm and cemetery returning the same route for a total of 8 miles.

## PICKETT STATE PARK HIKE:

Saturday- Depart 8 am. Leaders: Deb & John Martin [jr.dmartin77@gmail.com](mailto:jr.dmartin77@gmail.com).

**Hidden Passage Trail, Jamestown, TN.** This is a 7-8 mi in fairly flat terrain except for an optional side trail down to an abandoned railroad tunnel. The side trip involves steeper climbing than the rest of the hike.



## DANIEL BOONE STATE FOREST HIKE:

Saturday - Depart 8 am. Leader: Deb Westervelt [plateauhikes@tennesseetrails.org](mailto:plateauhikes@tennesseetrails.org). Sweep: Kathy Daniels [kdaniels242@comcast.net](mailto:kdaniels242@comcast.net).

**Gobblers Arch/Sheltowee Trace, near Jamestown, TN:** Approximately 6-mile, almost loop, rated moderate. We will cut through thru Big South Fork National Park on Divide Rd dropping off all hikers at the Gobblers Arch Trail then shuttle the cars to Peter's Mountain Trail Head, approx 1 mile. We'll hike the Gobblers Arch Trail to the Kentucky Wild River overlook then down to the Kentucky Wild River where we can cross the knee deep river (optional bring water shoes) to the picnic ground for lunch and restrooms. Then up the Sheltowee Trace Trail following the Mark Branch Creek past rock houses, bluffs and a waterfall. The trail crosses the creek several times although there are plenty of stepping rocks to make most of the crossings, but be prepared to follow the trail thru, across and up the stream to the Mark Branch Falls ending at Peter's Mt. Trail Head.

## FROZEN HEAD STATE PARK HIKE:

Saturday - Depart 8 am. Leader: John Politte [johnpolitte@gmail.com](mailto:johnpolitte@gmail.com). Sweep: Tom McElhone [sarmitta@yahoo.com](mailto:sarmitta@yahoo.com).

**Bird Mountain Trail** making a loop hike of 7.1 moderate miles.

Sunday - Depart 8 am. Leader: Tom McElhone [sarmitta@yahoo.com](mailto:sarmitta@yahoo.com). Sweep: John Politte [johnpolitte@gmail.com](mailto:johnpolitte@gmail.com).

**Spicewood Branch Trail** making a loop of 7.2 moderate miles.

## FALL CREEK FALLS STATE PARK (NEWLY ACQUIRED AREAS) HIKES:

Saturday - Depart 8 am. Leader: Tim Case [bikinisfun@gmail.com](mailto:bikinisfun@gmail.com).

**Virgin Falls State Natural Area, near Pleasant Hill, TN.** This is a 9-mile strenuous in/out hike to the 110 foot tall Virgin Falls. Along the way, we will pass Big Branch Falls, Big Laurel Falls (30-foot waterfall), and Sheep Cave Falls. There is a stream crossing and some difficult footing on this hike with much up and down hiking. There is a possibility the water at the stream crossing may be a little high so you may want to bring water shoes.

## FALL CREEK FALLS STATE PARK (NEWLY ACQUIRED AREAS) HIKES:

Saturday - Depart 9 am. Leader: Bill Harris  
*titan55@charter.net.*

Sunday - Depart 9 am. Leader: Peter Broehl  
*pabroehl@blomand.net.*

**Lost Creek Cave and Falls, Rylander Cascade, Dog Cove.** The Lost Creek Cave hike is about a 1 mile round-trip, which is located in a sink and faces a 60-foot tall waterfall. We will go to the mouth of the cave and maybe a short distance inside and to base of the falls as well as to the top of the falls. Then an easy .5 mi hike to Rylander Cascade about a 1 minute drive from Lost Creek Cave. Dog Cove is on the way to Lost Creek for an easy 4-5 mile in/out hike to a circa 1800s farm home following alongside Lost Creek and crossing the creek a couple of times. Water shoes may be needed if the water is high.

### WINDOW CLIFFS STATE NATURAL AREA HIKE:

Saturday - Depart 9 am. Leader: Peter Broehl  
*pabroehl@blomand.net.*

**Window Cliffs State Natural Area, Baxter, TN.** Window Cliffs is a new TN Natural Area located near Burgess Falls. The trail is in-and-out for a total of 5.4 strenuous miles. The trail features 9 stream crossings each way, a few small cascades, a couple of steep slopes and a 20-ft waterfall along Cane Creek. Water shoes are highly recommended.

### CUMMINS FALLS STATE PARK HIKE:

Sunday – Depart 8:30 am. Leader: Louise Miniard  
*liminiard@frontiernet.net.*

**Cummins Falls State Park, Baxter, TN.** This is only a 4 mile hike, but it can be difficult. There are 3-4 water crossings (possibly knee deep and fast moving) so bring water shoes. There will be an opportunity for swimming below the falls. We can also drive to Waterloo Falls which is next to the road.

### OBED WILD AND SCENIC AREA HIKE:

Sunday - Depart 9am. Leader: Howard Owen  
*owenshb@charter.net.*

**Lilly Bridge Section, Lancing, TN.** We will hike the .4 mi Boulder Trail, 3.8 mi easy Point Trail and .6 mi Overlook Trail for a total of 4.8 mi. For those wanting more challenging and scenic we'll add the .5 Bridge Trail.

## CROSSVILLE/FAIRFIELD GLADE COMMUNITY HIKES:

Fairfield Glade (FFG) Community Trails  
<http://time2meet.com/gladetrails/> for trail maps

Friday - Depart 1 pm. Leader: Carol Quattrociocchi  
*quattrociocchi@frontiernet.net.*

**Glastowbury Trail** is 1 mi loop overlooking Lake Glastowbury.

Friday - Depart 1 pm. Leader: Denise Aquista.

**Seven Bridges Trail** is 2 mi loop along seasonal creeks and some rock formations.

Sunday -Depart 9 am. Leader: Carol Quattrociocchi  
*quattrociocchi@frontiernet.net.*

**Overlook Trail** is 1.9 mi scenic loop partially along Daddys Creek.

Sunday - Depart 7am. Leader: Stephen Stedman  
*sstedman@tnitech.edu.*

**2 hour Birding Hike in FFG community.**

### LEADERLESS HIKES:

**Rotherham Trail** is 1 mi along seasonal creeks connecting to the **McGinnis Trail** 1.8 mi connecting to the **Good Samaritan Trail** 1 mi connecting to the **Hemlock Trail** 1.5 mi along a seasonal creek with the largest hemlock tree in Fairfield Glade (Combining the above 4 trails into a figure 8 is an approx 8 mi hike or by skipping the Samaritan trail and doing a circle of the 3 remaining trails is a 6 mile hike.)

Saturday – Depart 9:30 am. Leader: Jo Duncan-Topkin  
*jgtopkin@gmail.com.*

**Downtown Crossville History Walking Tour.** The 2 hour tour will include the Palace Theatre, Military Museum, Courthouse and more. There are several restaurants downtown for lunch as well as shopping.

Saturday – Depart 9am. Leader: Betty Harris  
*titan55@charter.net.*

**Crossville Obed River Park** 1.5 mi roundtrip and **Plantation Trail** 2.8 mi roundtrip

**Leaderless hikes - City of Crossville and County Trails – <http://time2meet.com/crossvilletrails/> for maps and directions**

Woodlawn Loop 1.2 mi

Obed River Park 1.5 mi roundtrip

Plantation Trail 2.8 mi roundtrip

Soldier Beach Trail 1.7 mi loop at Meadow Park Lake

Cumberland Mountain State Park – Pioneer Short Loop 5 mi or Pioneer Long Loop 8 mi

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## PLATEAU CHAPTER (Crossville)

**CHAPTER CO-CHAIRS:** Bruce Whitehead 941-716-3620  
*plateau@tennesseetrails.org*  
**TREASURER:** Gena Whitehead 941-716-3620  
*plateautreas@tennesseetrails.org*  
**MEETS MONTHLY:** 2nd Thursday at 6:00 pm CT  
**BLOG:** [www.tennesseetrails.org/blog/plateau](http://www.tennesseetrails.org/blog/plateau)

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There is a leaderless hike (typically 5 - 7 miles) every Wednesday morning. For additional information or to register for any of our hikes (unless otherwise noted), contact the hike coordinator, Deb Westervelt, via email [plateauhikes@tennesseetrails.org](mailto:plateauhikes@tennesseetrails.org) or text/call 931-267-2243. For a list of monthly hikes, visit the Plateau Chapter blog. **Check the blog one hour prior to hike time for cancellation or for any other updates/changes to our schedule before hiking.**

**Aug 3 – Honey Creek Loop, Big South Fork, Rugby, TN. 5.7 miles. Moderate to strenuous.** This hike takes us among fabulous rock cliffs, waterfall and a cave. One of the top scenic hikes in BSF. **Short hike: 4 mi.** Depart from Crossville Outlet Mall West parking lot at 7:30 am due to the 127 yard sale. Carpool cost is \$6. Pack water, snacks and lunch. Don't forget tick/bug spray and sunscreen.

**Aug 7 – Bill Harris History Tour, Sparta, TN.** We'll eat lunch at a Sparta restaurant. Depart 8 am CT from Tractor Supply on West Ave in Crossville. Carpool cost is \$5.

**Aug 14 – Ladder, Bluff, Lake and Island Trails. Pickett State Park, Jamestown, TN. 5 miles.** Carpool cost is \$6. Don't forget tick/bug spray and sunscreen. Depart 7:30 am CT from Cracker Barrel's rear lot in Crossville. Bring water, snacks and lunch.

**Aug 15 – Chapter Meeting.** This a working meeting for the Annual Conference. Bring your ideas for fundraising. Bring your own dinner. Meet at 5pm CT at First United Methodist Church Annex, 69 Neecham Street, Crossville. Contact Chapter Chair, Bruce Whitehead, 941-716-3620 or [plateau@tennesseetrails.org](mailto:plateau@tennesseetrails.org) for information.

**Aug 21 – Angel Falls Overlook, Big South Fork, Jamestown, TN.** 6 Mile hike from Duncan Hollow Rd. We'll start on John Litton Farm Loop 1.7 mi to Fall Branch Trail for 1.8 mi then turn right on the John Muir/Sheltowee Trace 1.3 mi to Angel Falls Overlook, which is a massive rock outcropping several hundred feet above the Big South Fork of the Cumberland River. We then return to the junction with Fall Branch where the cars will be. **Short Hike:** drive all cars further up Duncan Hollow Rd to a right turn on Alfred Smith Rd till it ends at the John Muir/Sheltowee Trace and an easy 1.3 mi to the Overlook and back for 2.6 total mi. Depart Cracker Barrel I-40 and HY 127 at 7:30 am CT. Carpool cost is \$6. Pack water, snacks and lunch.

### Plateau Chapter – con't.

**Aug 24 – Burnt Mill Bridge, Big South Fork, Rugby, TN.** Our hike will be the Burnt Mill Bridge loop near Rugby. It will be about 5 mi with moderate terrain. Depart 7:30 am CT from Cracker Barrel's rear lot in Crossville. Carpool cost is \$6. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.

**Aug 28 – Blue Heron Loop, Big South Fork, Stearns, KY.** This is a moderately difficult 6.4 mile hike. **Short Hike: 4 mi in/out** from Natural Bridge to Devil's Jump Overlook. The loop features two of the best river gorge overlooks in the Big South Fork area. Two other interesting features along the trail are the Devils Jump rapids and Crack-in-the-Rock. The trail passes through the Blue Heron coal mining exhibit that serves as the terminus for the Big South Fork Scenic Railway. Depart from Vanity Fair at 7:30 am CT. Carpool cost is \$8. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch.



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## SODDY-DAISY CHAPTER

CHAPTER CHAIR: Jean Smith 423- 596-7681

[soddydaisy@tennesseetrails.org](mailto:soddydaisy@tennesseetrails.org)

TREASURER: Robertson (Bob) McGavock 423-667-2960

[soddydaisytreas@tennesseetrails.org](mailto:soddydaisytreas@tennesseetrails.org)

HIKE COORDINATOR: Patricia Appleton 423-332-6517

[soddydaisyhikes@tennesseetrails.org](mailto:soddydaisyhikes@tennesseetrails.org)

MEETS QUARTERLY: Tuesday of the week following the TTA

Board Meetings in Feb, May, Aug and Oct at 6:00 pm ET  
at Burk's United Methodist Church, 6433 Hixson Pike,  
Hixson

*Additional information may be seen at our web site:*

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

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**Aug 3 - Savage Falls Hike in the Savage Gulf State Natural Area. 2.9 miles. Easy.** If a longer hike is desired, we can do the loop hike off the main trail. Meet at Durham St. in Soddy Daisy at 8:30 am. Hike leader: Tom McElhone, 805-208-4654.

**Aug 6 - Little Cedar Mtn. 4 to 5 miles.** Meet at parking lot at Brown's Ferry Rd. Exit near the road on the drug store side. Hike Leader- Trish Appleton 332-6517.

**Aug 8 - Annual Picnic at the lake.** Bring kayaks or other boats if you like.

**Aug 10 - North Chickamauga Creek Trailhead to Cooper Creek and return. 8 miles, Moderately strenuous.** We will meet at the Soddy Daisy Walmart (north of gas pumps) at 8:30 am. Hike leader: John Politte at 423 304-8327.

**Aug 13 - Cumberland State Park, Pioneer Trail and Pioneer Short Loop. 5 miles. Easy.** Trail goes along the lake and the creek and gorge. Meet at Durham St., Soddy Daisy at 8:30 am. Hike Leader: Trish Appleton 332-6517.

**Aug 17 - Grundy Forest and Sycamore Falls combination loop at Grundy State Forest. 3.6 miles. Intermediate.** We will meet at 8:30 am at the Red Bank Food City. Hike leader is Tammy Hendrick at 315-949-8187.

**Aug 20 - Upper Rock Creek Trailhead on the top of Legget Rd to the lower trailhead at the bottom of the mountain. About 3 to 4 miles.** Meet at Durham St., Soddy Daisy at 8:30 am. Hike Leader: Earl Helmer, 770-877-0600.

**Aug 24 - Hughes Road Trailhead to Immodium Falls and return. 8.5 miles. Strenuous.** John Politte at 423 304-8327.

**Aug 27 - Greenway Farms. About 3 miles.** Meet at the parking lot off Hamill Rd. at 8:30 am. Hike Leader: Trish Appleton 332-6517.

**Aug 31 - Roaring Creek Trailhead at Graysville, TN to Gilbreath Branch and return. 9.6 miles. Moderately strenuous.** We will meet at the Soddy Daisy ballfields on Durham Street at 8:30 am. Hike leader is John Politte at 423-304-8327.

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## SUMNER TRAILS CHAPTER

CHAPTER CHAIR: Les Cleveland 615-719-0031

[sumner@tennesseetrails.org](mailto:sumner@tennesseetrails.org)

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**Aug 9 - Hendersonville Greenway. 4 miles. Easy stroll** at 9:30 am along a partially shady path. Meet at the Hendersonville Public Library, 140 Saundersville Rd. We will hike from the library 2 miles over to the Drakes Creek ballpark area and return back 2 miles to the Library. The paved trail goes along the creek for part of the way. Pets welcome. For more information please contact Jenny Fitzgerald at [mrzfitz@gmail.com](mailto:mrzfitz@gmail.com) or text/phone 615-517-8185.

**Aug 23 - Hendersonville Greenway. 4 miles. Easy stroll** at 9:30 am along a partially shady path. Meet at the Hendersonville Public Library, 140 Saundersville Rd. We will hike from the library 2 miles over to the Drakes Creek ballpark area and return back 2 miles to the Library. The paved trail goes along the creek for part of the way. Pets welcome. For more information please contact Jenny Fitzgerald at [mrzfitz@gmail.com](mailto:mrzfitz@gmail.com) or text/phone 615-517-8185.

**Aug 28 - Hendersonville Arboretum. 2 miles. Moderate.** Beginning from the ESA parking lot, we will hike the Arboretum on a paved trail and then the U.S. Corp of Engineers Environmental Study area on a foot trail, which is unimproved and convoluted. We will return via the Arboretum trail back to the ESA parking lot (very little elevation change on this hike). We will get an advanced view of a new walking trail proposed (but not yet approved) across a cove from the Arboretum. Since part of this hike takes us on an unimproved foot trail. you might want to wear long pants to discourage ticks, chiggers and poison ivy and wear footwear you don't mind getting wet and muddy. Also suggested: water, sunscreen, insect repellent, hiking poles. Meet at 9 am at the big ESA parking lot, 502-498 Walton Ferry Road which is 1.7 miles from Gallatin Road on the right (GPS and Google map coordinates 36.280507 - 86.623728). After the hike, we will go for brunch/lunch at a local restaurant. For further info, contact Jim at [jimfuqua@gmail.com](mailto:jimfuqua@gmail.com) or text/call him at 615-822-4400 or Al at [ballallenger@aol.com](mailto:ballallenger@aol.com) or call/text at 615-454-7673.

## OFFICERS:

### President

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*president@tennesseetrails.org*

### Vice-President

Linda Latter 615-419-4845  
*vicepresident@tennesseetrails.org*

### Treasurer

David Bowling 931-273-4202  
*treasurer@tennesseetrails.org*

### Secretary

Melinda Pearson 731-225-4293  
*secretary@tennesseetrails.org*

### At-large Directors (terms expiring listed after name)

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Jane Coffey (2020) 615-614-1083  
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### Regional Directors

#### West TN

Vacancy (2020)  
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#### Middle TN

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#### East TN

Garnett Rush (2021) 865-268-5181  
*eastregional@tennesseetrails.org*

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

#### Newsletter Editor

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

## UPPER CUMBERLAND CHAPTER

(Sparta / Cookeville)

CHAPTER CHAIR: Cynthia Karrington 931-303-3409  
*uppercumberland@tennesseetrails.org*

HIKE COORDINATOR: Cathy Moran 931-544-2764  
*uppercumberlandhikes@tennesseetrails.org*

**Aug 23-25 – Obey River and Cumberland River Floats. Camping at Dale Hollow Dam Campground, U.S. Army Corps of Engineers. Celina, TN. Joint outing with the Highland Rim Chapter.** We have reserved three campsites at Dale Hollow Dam Campground. Please contact Joan Hartvigsen to stay in one of these three campsites, *jhartvigs@comcast.net* or 931-962-0811. Saturday we will float the Obey River from Dale Hollow Dam to Donaldson Park in Celina. This 6.5 mile section of the Obey has a moderate to swift dam controlled current and offers a reliable cold water float through a tree lined corridor. We will see impressive 400 foot sheer rock bluffs on this Obey float. The river is 140 feet wide. Saturday afternoon after the Obey River Float we will tour the U.S. Fish & Wildlife Service Dale Hollow National Fish Hatchery. Sunday we will float the Cumberland River from Donaldson Park Ramp to Butlers Landing Ramp. We will share a meal Friday evening at the campground. We may eat in nearby Celina on Saturday night. Bring your National Senior Interagency Pass. More information soon. Non-campers can meet us at 9:00 am CT at the Dale Hollow Dam ramp on Saturday and 9:00 am CT Sunday at the Donaldson Park ramp in Celina. Notify Judy Fries, *fries.judy22@gmail.com* or Joan Hartvigsen, *jhartvigs@comcast.net*.

### Newsletter Deadlines:

Deadlines for Chapter announcements and articles of special interest are due on the 10<sup>th</sup> 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**

Aug 19

**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](mailto:membership@tennesseetrails.org)

**PLEASE, PRINT CLEARLY.**

___ Individual	\$25.00	Name _____
___ Family	\$35.00	Address _____
___ Student (FULL TIME)	\$15.00	City _____ State _____
___ Supporting (\$50.00, \$100.00 or more)		Primary Phone ( ___ ) _____ Zip _____ -- _____
___ Life Member (Individual)	\$500.00	Alternate Phone ( ___ ) _____
___ Life Member (Family)	\$750.00	Primary e-mail _____
		Alternate e-mail _____

For privacy, please do not list the following in the TTA Annual Membership Directory

- E-mail addresses  
 Mailing address  
 Telephone numbers

I would like to receive my newsletter by email.

Please list me with the following chapter:

___ Clarksville	___ Murfreesboro
___ Columbia/Franklin	___ Nashville
___ East TN (Oak Ridge/Knoxville)	___ Plateau (Crossville)
___ Highland Rim (Manchester/Tullahoma)	___ Soddy Daisy
___ Jackson	___ Sumner Trails (Sumner County)
___ Memphis	___ 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; (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 hikes or functions.**  
**Not a member yet? Please check out one of our hikes or meetings soon!**