

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



New Year's Day Hike and Potluck Feast January 1 Edgar Evins State Park Silver Point Between Smithville and Cookeville

**ALL TTA CHAPTERS AND MEMBERS ARE INVITED TO
THE NEW YEAR'S DAY 1ST HIKE AND POTLUCK
FEAST AT EDGAR EVINS STATE PARK.**

Meet at 10:00 am CT in the marina parking lot next to the covered picnic shelters to sign in, drop off food, and a group picture. Then we'll carpool to the trail head for an easy to moderate hike of 2.5 miles before returning to a blazing fire, hot beverages and a hearty lunch.

Bring a prepared dish to share of foods you would normally enjoy New Year's Day. Disposable plates, cups and utensils will be furnished by Friends of Edgar Evins State Park. There are electrical outlets. After the meal those who wish to hike more may do the easy to moderate 2 mile Highland Rim Nature Trail next to the Visitors Center.

As in past years you may contact Fount or Anna Bertram, abertram@dtccom.net or 615-765-5357 for information although this year they will not be able to attend. Because they will not be present, we are inviting TTA members to jump in and help setup and take down. Please let Anna know if you are willing and able to report an hour early to help the Park Ranger set up.

President's Corner

Happy 2020!

I pray everyone had a wonderful Christmas and hopefully some of you got new hiking boots and/or gear.

January can be a time to fully enjoy the special natural beauty of Tennessee. Brave the elements, wrap up and explore. These are a few of my favorite things to take note of: The silence of a winter hike, cold wind prickling your face, early morning frost, trees standing naked, exhaling and seeing your breath turn into a misty fog. Take photos of what you see and post them to TTA FB site. Share your experiences with members and friends.

"Look deep into nature and you will understand everything better." Albert Einstein

"When everything seems like an uphill struggle, just think of the view from the top." Anonymous

"If the winter is too cold and the summer is too hot, you are not a hiker".

Thank you for being a member of Tennessee Trails Association and thank you for cherishing our trails and waters.

Keep on hiking. Hope to see you on the trails.

Mary Etta Ward



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
Website: www.cumberlandtrail.org

Alternative Spring Break 2020 – March 1 to April 3.

The 24th Spring Breakaway will be based at the Head of the Sequatchie area of the Justin P. Wilson Cumberland Trail State Park in Pikeville, TN. BreakAway is an Alternative Spring Break (ASB) program hosted by the Cumberland Trails Conference (CTC). College students from across the country pay their own way to come to Tennessee to work on the Cumberland Trail along with CTC volunteers. Students and volunteers and participate in trail building/maintenance for a week. BreakAway also provides for educational opportunities about the environment, history, geology, flora and fauna along the Cumberland Trail.

- Trail will be built between Stinging Fork State Natural Area and Hinch Mountain.
- Volunteers are needed to host the students and to build trail with the students.
- Food and lodging are provided.
- WE NEED YOUR HELP to support the ASB program. Please contact the CTC office to volunteer or offer financial assistance for the ASB program.

Visit www.cumberlandtrail.org for more information about the beautiful Head of the Sequatchie. We are updating our website. Check out our progress!

If you are not available for the Spring Break program, we have other 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 in the Catoosa Wildlife Management Area and the Ozone area. These sections are northeast of 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.

Build the Cumberland Trail. Consider joining our trail crew as a paid employee. We are hiring Trail Crew members. No experience is necessary as we will train you. Contact the CTC office to apply and for more information.

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

CLARKSVILLE CHAPTER

CHAPTER CHAIR: Philip Anderson 931-561-0925
clarksville@tennesseetrails.org
VICE-CHAIR and CHAPTER REPRESENTATIVE:
 Paul Schwab 931-801-9484
clarksville@tennesseetrails.org
TREASURER: Mary Schwab 931-645-9068
clarksvilleteas@tennesseetrails.org
SECRETARY: Mary Ann Harris 931-647-9321
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.

Jan 1 - Montgomery Bell State Park, Montgomery Bell Trail. 5.4 miles. Moderate. Suva Bastin 931-645-2849. We will have a potluck lunch near "The birthplace of the Cumberland Presbyterian Church"; black eyed peas, cornbread, bowls, cups and plasticware will be provided for everyone. Meet 9:00 am CT, Big Lots parking area, Riverside Drive, Clarksville, TN. 33 miles to trailhead.

Jan 4 - McGregor Park Cumberland Riverwalk Pavilion, out and back, to Ft. Defiance. 2.7 miles. Moderate. Eat lunch after the hike at Wendy's on Riverside Drive. JR Tate 931-220-1359. Meet 9:00 am CT, McGregor Park Cumberland Riverwalk Pavilion. This is where the flags are.

Jan 11 - Clarksville Greenway from Marys Oak Drive access, out and back, to Pollard Road access. 4 miles. Easy. Philip Anderson 931-561-0925. Meet 8:30 am CT at the Marys Oak Drive access. Note: In previous years we have met at Pollard Road access.

Jan 18 - Erin Rails to Trails, out and back. 4 miles. Paved. Easy. We will eat lunch somewhere in Erin. Paul Schwab 931-801-9484. Meet 9:00 am CT, BigLots parking area, Riverside Drive, Clarksville. 25 miles to trailhead.

Jan 20 - LBL, Canal Loop Trail. 11 miles. Difficult due to length. Paul Schwab 931-801-9484. Meet 7:00 am CT, Kroger parking area, Dover Crossing Road, Clarksville. 77 miles to trailhead.

Jan 21 - Monthly Chapter Meeting.

Jan 25 - LBL Honker Lake Trail. 4.5 miles. Moderate. Philip Anderson 931-561-0925. Meet 8:00 am CT, Kroger parking area, Dover Crossing Road, Clarksville. 69 miles to trailhead.

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
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.

Please check the TTA website for updates on our hikes.

Jan 1 - Edgar Evins State Park, Silver Point, between Smithville and Cookeville. All chapters and members are invited to the New Year's Day 1st hike and potluck feast at Edgar Evins State Park. Meet at 10:00 am CT in the marina parking lot next to the covered picnic shelters to sign in, drop off food, and a group picture. Then we'll carpool to the trail head for an easy to moderate hike of 2.5 miles before returning to a blazing fire, hot beverages and a hearty lunch. Bring a prepared dish to share foods you would normally enjoy New Year's Day. Disposable plates, cups and utensils will be furnished by Friends of Edgar Evins State Park. There are electrical outlets available. For the Columbia/Franklin Chapter, please plan to meet at 8:00 am at Tollgate Medical Center and we will carpool from there. Email: *jecoffey0644@gmail.com*.

Jan 11 - Natchez Trace Parkway at mile marker 437.2 (South of the SR Highway 96 entrance), Franklin, TN 37064. Timberland Park, opened in the fall of 2014, sits on 72 acres adjacent to the Natchez Trace Parkway at milepost 437.2 less than a mile south of the Tennessee Highway 96 (Double Arch Bridge) entrance to the parkway. The park is maintained and staffed by Williamson County Parks & Recreation. It is an easy to moderate hike. Timberland Park features a 2000 sq ft interpretive center that uses solar panels that stores the energy in batteries for electricity, rain water is collected for irrigation, propane for a fireplace and a septic system for waste. Visitors will enjoy hiking, bird watching and wildlife observation (deer, raccoon, fox, wild turkey and squirrel). Walking sticks made from trees on the property are available for use by hikers. For generations, the wooded property comprising Timberland Park was logged by hand and loaded onto wagons pulled by mules and horses. Most of the lumber was used to build homes and buildings in nearby Franklin. The old logging roads are now trails! For the Columbia/Spring Hill members, we will meet behind McDonald's (4910 Main Street, Spring Hill) at 8:30 am. Other hikers can meet us at 9:00 am at the trail head. Contact Jane Coffey at 615-516-6551 or *jecoffey0644@gmail.com*.

Jan 25 - Hidden Lake State Park, Pegram, TN. Easy. An easy .7 mile out-and-back trail in the Hidden Lake tract of Harpeth Valley State Park (1.4 miles total). The trailhead is clearly marked at the parking lot and begins by heading away from the Harpeth River into a marked path through tall grass. We will connect with some of the other trails to increase the mileage to ~3.0 miles. Contact Jane Coffey at 615-516-6551 or *jecoffey0644@gmail.com*. Time and carpool information will be posted shortly.

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

Jan 1 - Start the year off right with a hike with East TN TTA! Ridgetop Loop Trail, Meadow Loop Trail, and Lost Shoe Loop Trails. Fort Loudon State Historical Area, 338 Ft. Loudon Road, Vonore, TN 37885. 5 miles. Easy. We will be walking through woods, meadows, and along the Ft. Loudon/Tellico Lake shorelines. We will see mountain, lake, and valley vistas as we ascend to the highest elevation of 975 feet where we spot an Osage Orange Tree. After the hike you would be free to roam the Fort and visit the free museum, and we could grab some lunch at Venti Pizzeria in Vonore on our way back to the cars. If you want to carpool part of the way, meet me at Chicken Salad Chick near Aubreys in Maryville. Turn left at the light where Shoney's is (Hwy 129 S.) to next left at light at 726 Watkins Rd., Maryville, TN 37801. We park up near the road. We will leave promptly at 9:00 ET. If you are driving to the Fort, we should be there by 9:30 in the parking lot near the picnic grounds close to the museum. Be prepared for the weather. You might want to bring a snack & water. Leader is Karen Towle: 865-254-2044 or *delicadeze@aol.com*.

Jan 12 - Whitestone Inn. Come join us for an easy hike at Whitestone Inn in Roane County. Whitestone properties include 600 acres of land including a large bed and breakfast inn and 8 miles of hiking trails. This hike will be 5 - 6 miles and will include Boundary trail and Dakota Trace trail. We will meet at Food City in Loudon at 11:00 am. Take Exit 72 on I-75 and turn left. Food City shopping center is on the right. Contact Carolyn at 865-399-2972 or *crhiker03@gmail.com*.

REMINDER

Many chapters elect new officers, board representatives and hike coordinators in January.

Please check your chapter masthead this month. If there are changes or corrections needed, please include that information with your next chapter submission so that your chapter contact information can be updated.

HIGHLAND RIM CHAPTER

(Coffee and Franklin Counties)

CHAPTER CHAIR: Tom Bentley 931-455-5849

highlandrim@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.

Jan 1 - New Year's Day Hike and Potluck Feast. Edgar Evins State Park, Silver Point, TN. Between Smithville and Cookeville. All TTA Chapters, members and friends are invited. Meet at 10:00 am CT at the marina parking lot near the covered picnic shelter to sign in, drop off food and group photo. We will then carpool to the trailhead for a 2.5 mile hike on the Millennium Trail, rated easy to moderate. After the hike we will return to a blazing fire, hot beverages and a hearty lunch. Bring a prepared dish to share. The Friends of Edgar Evins State Park will provide the paper plates, cups and utensils. There are electric outlets. After our meal we will hike the Highland Rim Nature Trail next to the Visitor Center. This trail is a 2 mile loop rated easy to moderate. Please contact Joan Hartvigsen for carpool information and information on the event. You will need hiking sticks, hiking boots, warm clothing and water for the hikes. Joan's email is jhartvigs@comcast.net, phone is 931-962-0811.

Jan 4 – Stone Door Trail, Big Creek Rim Trail, Laurel Trail Loop. South Cumberland State Park. Stone Door Ranger Station 1183 Stone Door Road, Beersheba, TN. 7 miles. Easy to moderate. Flat. Spectacular views down into Laurel Creek Gulf and Big Creek Gulf. Bring water, snacks, lunch, hiking sticks, head lamp. Wear sturdy hiking boots. Please register with Marietta Poteet, nannietta@blomand.net or 931-924-7666.

Jan 18-20 – Big South Fork Backpacking Trip. This 3 day, 2 night backpacking trip. Joint activity with the Murfreesboro Chapter. We will drive up on Saturday and start our hike from Sawmill to Slave Falls, Jake's Place and then to Charit Creek Lodge and camp on the island. Total for Saturday is 5 miles. Sunday's Hike is the Twin Arches Loop and hike the Black House Branch Trail, Jacks Ridge Loop, West Bandy Creek bike trail to Laurel Fork Creek Trail which is approximately 9 to 10 miles. Sunday's hike is 4 miles back to Sawmill to our cars. For information and to register contact Michael Glennon 931-588-0302 or kb4jhu@gmail.com.

Jan 27 - Chapter Meeting. Dinner 5:00 pm, One22West Restaurant, 122 W. Lincoln Street, Tullahoma. Meeting is 7:00 pm at D. W. Wilson Community Center. We will plan hikes, camping trips and floats for 2020.

Highland Rim Chapter – con't.

Planning Ahead:

Feb 15 – Jim & Marietta Poteet's 18th Annual Chilly Chili Hike. The Chilly Hike is the Caldwell Rim Trail, a 2.4 mile loop. The trail follows a bluff above the northernmost section of Lost Cove. If you are not hiking please meet at 12:30 pm at the Poteet's house for our chili lunch. The gate code to enter Cliff Tops will be sent later. We will serve three different kinds of chili, cornbread and brownies with several kinds of beverages (soda, coffee, beer, wine). Please email or call Marietta if you plan to attend at 931-924-7666 or nannietta@blomand.net. Please feel free to bring a side dish to go with the above menu or a dessert. If you are hiking, bring water and a snack, hiking sticks and hiking boots and dress for the weather. The Poteets' address inside Cliff Tops is 525 Huckleberry Place, Monteagle, TN. Meeting place and time for the Caldwell Rim Trail Hike will be announced soon.

Mar 27-29 - Mousetail Landing State Park Camp & Hike and Lady's Bluff TVA SWA Hike. Linden, TN. Joint activity with the Murfreesboro Chapter. We have reserved four campsites at Spring Creek Campground inside Mousetail Landing State Park Friday and Saturday nights. The campsites are along the Tennessee River (aka Kentucky Lake). Perhaps we will kayak in Kentucky Lake. Friday we will hike the three mile Scenic Trail and the half mile Spring Creek Trail. Friday night we will enjoy a shared Potluck Dinner at our campsites. Saturday we are hiking the Eagle Point Trail, 7.5 lollipop loop, rated moderate and offers beautiful views of the Tennessee River. Saturday night we can eat at nearby Parsons, TN or Linden, TN. Sunday we are hiking the Lady's Bluff Trail in the nearby TVA Small Wild Area. This trail is 2.6 miles with moderate steep grades and spectacular views of the Tennessee River. Contact Joan Hartvigsen, 931-962-0811 or jhartvigs@comcast.net for camping information. More information soon.

Apr 24-26 – Great Smoky Mountains National Park, Cades Cove. Camping and Hiking Weekend. Joint activity with the Murfreesboro Chapter. We have reserved a gorgeous group campsite in Cades Cove Campground. Room for 10 small tents on the tent pads with more space on the gravel. Covered picnic pavilion with picnic tables. Flush toilets and drinking water nearby. We will hike Friday, Saturday and Sunday. Possible hikes include Anthony Creek Trail, Gregory Ridge Trail, Abrams Falls Trail, Rich Mountain Loop, Spence Field and Russell Field Loop. Azaleas and spring wildflowers will be blooming. Reserve your spot soon. Contact Joan Hartvigsen, jhartvigs@comcast.net or 931-962-0811.

JACKSON CHAPTER

CHAPTER CHAIR: Melinda Pearson 731-225-4293
jackson@tennesseetrails.org

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

SECRETARY: Terry Warren 731-535-0625
jacksonsecy@tennesseetrails.org

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

MEETS MONTHLY: 1st Monday at Panera Bread, Vann Dr.,
Jackson. Dinner 6:00 pm CT; Meeting 6:45 pm

Jan 6 - Monthly meeting.

Jan 11 - Pinson Mounds. Meet at Panera Bread at 8 am or meet at Pinson Mounds at 8:30 am. Contact hike leader Glen Rognstad at 731-217-5966 or email at *glenrognstad@gmail.com*.

Jan 25 - Tishomingo State Park near Tishomingo, MS. Meet at Panera Bread at 8 am for carpooling. Please contact hike leader Sara Rognstad at 206-553-9334 or email at *hakim.sara@gmail.com*.

Planning Ahead:

Feb 8 - Timberlands near Franklin

Feb 22 - Hiking Survival Course conducted at Natchez Trace State Park. (Contact Terry Warren for more details. 731-535-0625 or email at *terrymccoy832@yahoo.com*.)

Mar 7 - Big Hill Pond

Mar 21 - Wildflower hike - trail selected closer to date

Apr 18 - Sipsy Wilderness near Russellville, AL

May 2 - Charlie Bunyon in Great Smoky Mountains

Attention: Hike Coordinators (aka Hike Leaders)

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

MEMPHIS CHAPTER

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

VICE-CHAIR: Francis Ruffin 662-701-6284
memphisvice@tennesseetrails.org

Jan 4 - Herb Parsons Lake State Park, Fisherville. 6 miles. Easy. We'll hike around the lake and through the woods. Meet at 9:30 am at the lake and bring snacks and water. Rain or snow will cancel. For questions contact Nancy Wark, 901-240-1521.

Jan 11 - Lucius Burch Natural Area, White/Yellow/Blue Trails, off Germantown Road. 6-7 miles. Meet at 8:45 am in Germantown Parking lot across from Lowe's. Hike leaves at 9:00 am. Plan to hike about 3.5 hours. Bring water and snack. Rain or snow will cancel hike. For additional information call Lynne at 901-230-1501.

Jan 18 - For hike details check *tennesseetrails.org* website.

Jan 25 - Meeman-Shelby, Horse Trail. 7 miles. Moderately strenuous. Join us for this hiker/horse loop trail over a mixture of hills and flat areas around Poplar Tree Lake. We will meet at the parking lot near the stables at 9:00 am. There will be restrooms available next to the parking lot. Hike will leave promptly at 9:15. Plan to hike about 4 hours. Bring water and snacks. Hiking boots are recommended. Rain or snow will cancel. Contact: Lynne at 901-230-1501.

2020 TTA Board of Directors Meetings

| | |
|------------------------|---|
| Saturday, Feb 8: 11 AM | Hermitage Library 3700 James Kay Lane Hermitage |
| Saturday, May 2: 11 AM | Hermitage Library 3700 James Kay Lane Hermitage |
| Saturday, Aug 1: 11 AM | Hermitage Library 3700 James Kay Lane Hermitage |
| Sunday, Oct 25 | Time and Location to be announced. |

MURFREESBORO CHAPTER

CHAPTER CO-CHAIRS: Jeanne Conatser 615-971-8894
Sara Kennedy 615-692-9057
murfreesboro@tennesseetrails.org

TREASURER/HIKE COORDINATOR/BOARD REP:
Sara Pollard 615-714-3610
murfreesborotreas@tennesseetrails.org

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

BLOGMASTER
Craig McBride 615-394-6121
murfreesboroblog@tennesseetrails.org

MEETS MONTHLY (except Jan, Feb, Jul, Aug): 2nd Tuesday at
7:00 pm CT, Barfield-Crescent Park's Wilderness Station,
697 Veterans Parkway, Murfreesboro

BLOG: www.tennesseetrails.org/blog/murfreesboro

Jan 1 – Annual Multi-Chapter New Year's Day Hike and Feast. Edgar Evins State Park. Meet at 10:00 am CT in the marina parking lot next to the covered picnic shelters to sign in, drop off food, and join in for a group picture. Then we'll carpool to the trailhead for an easy to moderate hike of 2.5 miles on the Millennium Trail before returning to a blazing fire, hot beverages and a hearty lunch. Bring a prepared dish to share of foods you would normally enjoy New Year's Day. Disposable plates, cups and utensils will be furnished by Friends of Edgar Evins State Park. There are electrical outlets. After the meal, those who wish to hike more may do the easy to moderate 2 mile Highland Rim Nature Trail next to the Visitors Center. For information, contact Fount or Anna Bertram at 615-765-5357 or fwbertram@dtccom.net.

Jan 4 – Cheeks Bend. Part of the Duck River State Natural Area Complex. The 1.8 mile balloon trail has scenic overlooks on the Duck River. The trail is relatively flat, so rated easy. There is also a short cave that leads to an overlook bluff. Bring water and snacks and wear good hiking shoes. After the hike, we can go to a local restaurant for lunch. Contact Jennifer Zahn at 615-943-8853 or jenzahn@gmail.com for more information.

Jan 11 – Collins Gulf Loop. Savage Gulf State Natural Area. 13 miles. We will meet at Collins West Trailhead, taking the Collins Gulf trail passing Suter Falls, then proceeding with a stop at Horsepound Falls, crossing Fall Creek sink, then continuing to Sawmill campsite. Proceeding on the connector trail to Stagecoach trail up the gulf to the Collins Rim trail. Bring hiking boots, water, snacks, and lunch. For more information on ride sharing from Murfreesboro, and to register contact Wayne Yancey, 615-887-0212 or wayne.yancey@gmail.com.

Murfreesboro Chapter – con't

Jan 18-20 – Big South Fork Backpacking Trip. Joint activity with the Highland Rim Chapter. Three day, 2 night backpacking trip. We will drive up on Saturday and start the hike at Sawmill to Slave Falls, Jakes Place and then to Charit Creek Lodge and camp on the island. Total for Saturday is 5 miles. Sunday's hike is the Twin Arches loop and hike the Black House Branch trail, Jacks Ridge Loop, West Bandy Creek bike trail to Laurel Fork Creek trail which is approximately 9-10 miles. Monday's hike is 4 miles back to Sawmill to our cars. For information and to register, contact Sara Pollard at 615-714-3610 or sarabpollard@gmail.com.

Jan 25 – Laurel Snow Pocket Wilderness. Joint hike with Upper Cumberland chapter. 9 miles. Moderate to strenuous. A 2,259-acre natural area located in Rhea County. It occurs on the Walden Ridge of the Cumberland Plateau and contains a section of gorge that is deeply dissected by Morgan, Henderson, Laurel and Richland Creeks. The site is named after 2 waterfalls, Laurel Falls (80ft) and Snow Falls (35ft), and features 2 prominent overlooks. The bridge that was damaged by a falling tree has now been replaced by a new bridge. Wear sturdy hiking boots and bring water shoes since we do have to wade across Morgan Creek to see Snow Falls. Also bring snacks, water and lunch. We will meet at the trailhead at 8:30 CT. For carpool info, and to register for the hike, contact Wayne Yancey, 615-887-0212 or wayne.yancey@gmail.com.

NASHVILLE CHAPTER

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

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

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

BLOG: www.tennesseetrails.org/blog/nashville

Jan 4 - Fiery Gizzard Trail via Dog Hole to Ravens Point and return. 8.8 miles out and back. Moderate. Contact Doug King, cell 615-542-0486 or email douglasmortonking@gmail.com.

Con't on next page

PLATEAU CHAPTER (Crossville)

Nashville Chapter – con't.

Jan 11 - Early Bird Wildlife Hike at Radnor Lake. Otter Creek Road and Lake Trail. 2.5 miles. Easy. The pace will be slow as we will try to see as much wildlife as we can. We will meet in the parking lot at the Visitor Center (1160 Otter Creek Rd, Nashville, TN 37220) at 7.00 am and start the hike promptly at 7.10 am. All being well we should be able to see beavers, deer, geese, ducks and turkeys. Afterwards, for those who want to, we will go to First Watch Restaurant on Franklin Rd for breakfast. Please call or text June Callahan on 615-945-7462 if you plan to attend.

Jan 18 - Montgomery Bell State Park. Burns TN. Overnight Trail. 10.5 miles. Strenuous due to the length. Wooded terrain with some hills. The trail passes by several lakes, a historic cabin and church, and historic iron ore pits. Bring water, snacks/lunch, boots, and clothing appropriate for the weather that day. There is an option after the hike to stop for food at the State Park Inn dining room or somewhere on the way back to town. Contact Doug Burroughs at dougburroughs@tennessee.usa.com or 615)-587-0085 (leave a message) for more information and to register. Meeting Place: WalMart near 7044 Charlotte Pike parking lot just north of I-40. Meeting Time: 7:30 am. Or meet at the park at 8:30 am.

Jan 25 - Urban Hike. Hillsboro-Belmont neighborhood. About 5 miles. Easy. We will meet at 10:00 am and begin the walk at the Green Hills Library. The walk will include explorations of 12th South, Belmont University Campus, and Hillsboro Village. We'll also take a look at the exterior of Belmont Mansion, the historic home of Adelia Acklen and the many historic signs and landmarks along the way. There are many places on our way to stop for refreshment and nourishment if the group desires. Plan on an outing of about 3 to 3.5 hours. To register and for more information contact Glen Sisk at glenhillsboro@outlook.com or 615-647-7736, 615-720-6140.

Jan 28 - Program Meeting. REI, Brentwood TN. 7:00 pm. Randy Hedgepath, State Naturalist for Tennessee State Parks, will show slides and talk about South Cumberland State Parks. If you've hiked with Randy or heard one of his talks, you know you have something to look forward to. If you haven't heard him, come to the meeting and learn how Randy earned his reputation.

A HUGE THANK YOU

On Dec. 7th we again wrapped gifts at REI for the eighteenth year. We had a fun and successful time and raised about \$430 for the Cumberland Trail. I want to thank all of our wonderful elves who wrapped lots of beautiful packages for the many customers of REI: Doug King, Dianna Richter, Doug Burroughs, Candice Bowden, Patricia Moisan, Debbie Owens, Jackie York, Marla Thompson, Mark Hubbard, and Kathy Woods. And a special thank you to REI for allowing us to come wrap gifts.

CHAPTER CHAIR:

Norm Brinsley 931-202-2338

plateau@tennesseetrails.org

TREASURER:

Clark Zedric 217-520-9889

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 or to register for any of our hikes (unless otherwise noted), contact the hike coordinator, Deb Westervelt, via email 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.**

Jan 1 - Bee Rock, Cane Creek Loop, and Cookeville City Lake Falls. Hikes: .7 mi Bee Rock, 2 mi Cane Creek Blue and Red trails, 1.2 mi to the falls in/out. Depart 8 am from Tractor Supply on West Ave going North on HY 70N. We will each lunch in Cookeville. Carpool cost is \$4.

Jan 8 - CT Poplar Springs Section plus Mushroom Rock. Short Hike: 4mi strenuous in/out to Mushroom Rock then drive cars to Prentice Cooper Mullins Cove parking area then hike thru the Stone Door to the Indian Rockhouse to meet up with thru hikes. Long Hike: 8.9 mi moderately strenuous Mushroom Rock then thru hike the CT Poplar Springs Section. Depart at 8 am from Trinity Tabernacle on Hwy 127 South. Carpool cost is \$7.

Jan 9 - Chapter Monthly Meeting. Meeting held 6:00 pm in the First Methodist Church Annex. Meet for dinner at 4:30 pm Christy's Grub Pub 69 S Main St.

Jan 11 - Cumberland Trail McGill Creek Section in and out. 5 miles. Moderate to strenuous. Depart 7:30 am CT from Trinity Tabernacle Church on Hwy 127 South. Carpool cost is \$6. Pack water, snacks and lunch.

Jan 15 - BSF Middle Creek and Needle Arch. 6 miles. Moderate. Hike includes Indian Rockhouse, other rockhouses, and Needle Arch. This hike will require a short car shuttle. Carpool cost \$8. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. Depart 8 am CT from the Crossville Cracker Barrel SW parking lot. Carpool cost is \$6. Pack water, snacks and lunch.

Jan 22 - CT Edwards Point and Rainbow Lake Loop. Short Hike: 5 miles, moderate Rainbow Lake Loop. Long Hike: 8 miles, moderate sometimes strenuous orange/blue/yellow trails including the lake loop. We'll start from the Stadium Entrance Trailhead. Hike features Lockharts Arch, Edward's Point, Rainbow Lake, rockhouses and bluffs. Carpool cost \$7. Don't forget tick/bug spray and sunscreen. Pack water, snacks and lunch. Depart at 8 am from Trinity Tabernacle on Hwy 127 South.

Jan 29 - Pickett State Park, Jamestown, TN. Hidden Passage Loop with Double Falls. This hike incorporates part of a very long trail, the Sheltopee Trace, with a spur to a water feature, double falls, then a return loop that offers some views and a trip over a small arch. Rated difficult due to distance. Distance 9.4 miles including spur to double falls. Short Hike: In/out for 5 miles. Depart 8:00 am from Cracker Barrel Hwy 127 N at I-40. Carpool cost is \$6. Bring water, lunch and snacks.

SODDY-DAISY CHAPTER

CHAPTER CHAIR: Jean Smith 423-596-7681
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TREASURER: Robertson (Bob) McGavock 423-667-2960
soddydaisytreas@tennesseetrails.org
HIKE COORDINATOR: Patricia Appleton 423-332-6517
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>*

Jan 4 - Retro Hughes Rd Trailhead to Immodium Falls and return. 8.5 miles. Moderately strenuous. Meet at the Soddy Daisy Durham Street ballfields parking lot at 8:30 am. Hike leader: John Politte.

Jan 7- Enterprise South. Meet at Trailhead down from visitors' center at 8:30 am. Hike leader Will Smith, 423-580-2918.

Jan 11 - Prater Place and Hemlock Falls Trail (in and out), Fall Creek Falls Park. 5.8 miles. Moderate. We will meet at Soddy Daisy Durham Street parking lot at 8:30. Tom McElhone, 805-208-4654.

Jan 14 - Brush Creek Trail (in and out). US HWY 64, one mile East of Boyd's Gap. 5-6 miles. Easy. Map available via Cherokee Nat Forest Forestry service. Views of Ocoee Lake 2. Part of Tanasi Trail System. This trail can also be entered at Boyd's Gap. Entering the trail from the Brush Creek trailhead is an ideal pick with very minimal elevation gains. The entire trail from Brush Creek Trailhead is about 4 to 6 miles. Meet at the Food City parking lot in Ooltewah at 8:30 am. Bob McGavock, 423-667-2960.

Jan 18 - Flipper Bend Loop. 8 miles. Moderately strenuous. Meet at the Soddy Daisy Walmart parking lot at 8:30 am just north of the gas station. Hike leader: John Politte.

Jan 21 - Lookout Mtn Bluff Trail from Covenant College to Point Park. About 5 miles. Will stage a car at Point Park to return for drivers to pick up cars. Meet at Food City, Red Bank at 8:30 am or at Covenant College, Ochs Gateway at 9:00 am. Hike leader, Gloria Nelson, 423-645-9008.

Jan 25 - Clemmer Trail, near the Ocoee River in the Cherokee Nat'l Forest. 8.8 miles in and out. Moderately strenuous. Meet at the Food City in Ooltewah at 8:30 am. Hike leader: Tammy Hendrick.

Jan 28 - West side of Lookout Mountain. Lower Truck Trail to the Blue Blazes Trail, up Blue Blazes to the Skyuka Trail down to Skyuka Springs, returning by the Lower Truck Trail. About a 5 mile loop. Easy to moderate because of some rough footing on the Blue Blazes trail which is less than a mile. Meet at Food City, Red Bank at 8:30 am or at Reflection Riding about 9 am. Hike leader: Gloria Nelson, 423-645-9008.

Jan 31 - West side of Lookout Mountain. Lower Truck Trail to the Blue Blazes Trail, up Blue Blazes to the Skyuka Trail down to Skyuka Springs, returning by the Lower Truck Trail. About a 5 mile loop. Easy to moderate because of some rough footing on the Blue Blazes trail which is less than a mile. Meet at Food City, Red Bank at 8:30 am or at Reflection Riding about 9 am. Hike leader, Gloria Nelson, 423-645-9008.

SUMNER TRAILS CHAPTER

CHAPTER CHAIR: Marcia Powell 217-855-3013
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CHAPTER CO-CHAIR: Jenny Fitzgerald 615-517-8185
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TREASURER: John Jones 615-533-0127
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BOARD REPRESENTATIVE: Duane Frichtl 309-830-9720
sumner@tennesseetrails.org

Jan 11 – Ashland City Bicentennial Greenway. 4 miles. Easy. Back in the early 1900s the Tennessee Central Railroad chugged along this route going from Nashville to Clarksville where it connected with the giant Illinois Central Railroad. The old TC ceased operating in 1968 but you can still see evidence of the railway which eventually became the Greenway. This hike is a classic Rails-To-Trails Greenway and follows the old railroad grade on a paved surface which makes it a nice flat winter hike. For the first portion of the hike there is a swamp on the left and a steep bluff on the right but then enters a more open landscape for the last portion, crossing several bridges over creeks and over lake water from the Sycamore Creek embayment. The highlight of this trail is the iconic large iron trestle over Sycamore Creek. You won't need your boots or poles for this one. We will have lunch at Riverview Restaurant after the hike. Meet for carpooling at Hendersonville First Presbyterian Church, 172 W. Main parking lot at 9 am. For further info contact Chugging Al at *ballallenger@aol.com* or call/text (615) 454-7673.

Jan 24 – Bledsoe Creek State park, High Ridge and Shoreline Trails Loop. 2.4 miles. Easy to moderate. At 10 am we will start the hike from the Visitor Center/Park Office, 400 Ziegler Fort, Gallatin, TN. Trail surface includes gravel, dirt, rocks and steep stairs. Recommend water, hiking shoes and poles. We may go to lunch after the hike if there is interest. For questions contact Marcia Powell 217-855-3013, *mpow1221@gmail.com*.

TIP

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

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(Sparta / Cookeville)

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uppercumberland@tennesseetrails.org

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

Jan 18 - Twin Arches to Middle Creek. Big South Fork NRA. 11 miles. Easy for terrain and moderate for distance. This hike features the Twin Arches, the largest natural bridge complex in Tennessee, Slave Falls, Needle Arch, rock houses, and other rock formations. Slave Falls is spectacular when frozen. There are options for a shorter hike. Bring water, snacks, and lunch. You can meet us at 7:00 am CT in the Penney's parking lot in Cookeville. For information and to register contact Richard Savage at 931-526-2035 or *savagerichard@hotmail.com*.

Jan 25 - Laurel Snow Pocket Wilderness, a 2,259-acre natural area located in Rhea County. It occurs on the Walden Ridge of the Cumberland Plateau and contains a section of gorge that is deeply dissected by Morgan, Henderson, Laurel and Richland Creeks. The site is named after 2 waterfalls, Laurel Falls (80ft) and Snow Falls (35ft), and features 2 prominent overlooks. The distance for both trails is about 9 miles and is rated moderate to strenuous. The bridge that was damaged by a falling tree has now been replaced by a new bridge. Wear sturdy hiking boots and bring water shoes since we do have to wade across Morgan Creek to see Snow Falls. Also bring snacks, water and lunch. We will meet at the trailhead at 8:30 am CT. For carpool info, and to register for the hike, text Gary Kimbrell at 931-215-9520 or e-mail at *garykimbrell1@gmail.com*.

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

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

Jan 20

Please Mail This Form To:
Membership Director
P.O. Box 41446
Nashville, TN 37204-1446

PLEASE, PRINT CLEARLY.

___ Individual \$25.00
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___ 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 _____
Primary Phone (___) _____ Zip _____ -- _____
Alternate Phone (___) _____
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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
mail.

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 Annual Membership Directory and Hiking Handbook, listing members by chapter and how to reach them and including 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. 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!