

# THE CUMBERLAND TRAILHEAD

The voice of the Friends of the Trails

Spring 2023

Cumberland County, TN

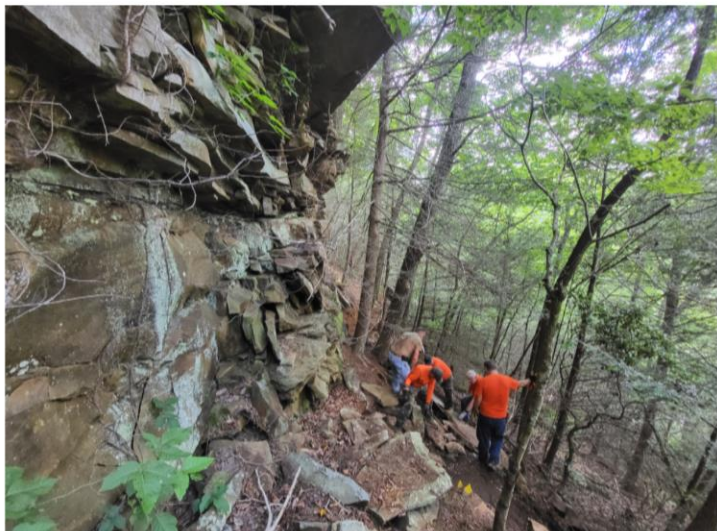
## FG Overlook Trail Extension Officially Open!

*Submitted by Mark Robinson, FG Trail Crew Boss*

On Wednesday, January 25, 2023, the Fairfield Glade Trail Crew officially declared the Overlook Trail extension open to hikers.



After two years, including the initial scouting, gathering up hundreds of pounds of trash from below the Overlook then hauling it away with help of Maintenance Services, grubbing out mountain laurel, cutting through fallen tree trunks, removing the duff and building the trail while traversing a steep incline, building many rock crib walls and setting rock pavers, carrying a park bench to a bluff above Daddys Creek, and digging out a very stubborn stump, the Crew finally took down the 'under construction' signs. The Glade's signature trail is now better than ever.



*Left: Wide view gives a hint of the spectacular cliff face hikers will enjoy on the newly opened Overlook Trail extension.*

*Above: Dale Yaeger performs some final grooming on the Overlook Extension by removing the last roots along the path. In the foreground is a segment of crib wall constructed by the trail crew to protect the trail bed from runoff and erosion.*

*Photos submitted by Mark Richie*

### Daddys Creek: Not an Editorial Oversight

Throughout FOTT publications, you will notice Daddys Creek is written without an apostrophe. This is intentional, as it reflects the historical spelling adopted by the USGS and used on all its topographical maps.

2022 FOTT ANNUAL REPORT ON PAGE 8

# HIKE FEST IS BACK BY POPULAR DEMAND!

April brings the second annual Hike Fest, hosted by Friends of the Trails. Over 200 hikers enjoyed last year's inaugural Hike Fest. Now, it's back – with some new features. Here's what you should know about the 2023 Hike Fest.

## WHAT IS HIKE FEST?

Hike Fest is an additional week of organized hiking opportunities on designated Cumberland County trails. Think of it as a miniature version of the annual September Hiking Marathon.

## WHEN IS HIKE FEST?

This year Hike Fest has been moved to April to take advantage of cooler, less “buggy” conditions. April is also a great month for wildflower viewing. Hike Fest will begin April 15 and conclude on April 22, Earth Day.

## WHAT TRAILS ARE INCLUDED?

The trails for 2023 include the Habitat Trail, Woodlawn Loop, Pioneer Short Trail, the Library Trail, Glastowbury Trail, the Green Loop, Seven Bridges Trail, and the ever-popular NEWLY IMPROVED Overlook Trail. While these trails comprise a total of 18 miles, hikers are merely encouraged, not required, to complete as many miles as they can during the week-long event.

## HOW CAN I PARTICIPATE?

Registration begins on April 1 at <http://crossvilletrails.com/hikefest/>. Hiking begins April 15. Hikers can keep track of their progress by logging their hikes on the web site. Trail directions and descriptions are also available on the web site.

## ANYTHING ELSE?

Indeed! Hike Fest is a charitable event giving hikers the chance to give back. Registration is \$5.00 for hikers aged 18 and over, free for those younger. The proceeds will be split evenly between the Friends of the Trails (for trail building and maintenance) and the Friends of the Cumberland Mountain State Park to fund the Birds of Prey program at the park.

## IS THERE MORE?

Of course! Hike Fest participants are invited and encouraged to attend the Earth Day event (April 22) at the Cumberland Mountain State Park. There will be food and a ranger-led hike, along with organizations sharing information and demonstrations about nature and the outdoors. This event is organized by the park and more information will be available soon!

**MARK YOUR CALENDARS** for April 1, register, and we'll see you on the trails during Hike Fest 2023!

Watch your email and the [FOTT Facebook page](#) for further information.



#cchikefest23





# Who's Been Painting Trees on the Overlook?

*Submitted by Mark Richie*

The state of Tennessee recently purchased more than sixty acres of property along Daddys Creek from Wyndham Vacation Resorts. Wyndham, the previous developer of Fairfield Glade, still owns dozens of parcels in the community. While many of the tracts are designated as "common property," Wyndham still holds title and can dispose of them as it pleases. The red markings now painted on trees along the Overlook Trail indicate state land boundaries. It is likely that small red signs may appear soon showing the new ownership.

The land acquisition is another step in the anticipated construction of a suspension bridge for the Cumberland Trail (CT). Bringing the CT to the west side of Daddys Creek allows the trail to continue north to Peavine Road in the woods and will eliminate a dangerous two-mile road walk out of the Keys-Harrison Wildlife Management Area. The bridge would create a continuous 25-mile wooded hike from Hebbertsburg Road to Nemo Bridge in Morgan County.

Most of the Fairfield Glade Overlook Trail and half of the Overlook terraces are now on Tennessee state land. How establishment of the CT on the Glade side of the creek will affect Overlook Trail access is yet to be determined. The Glade Trails Committee is working with the Glade Board of Directors to communicate with the state and explore various options. Updates will be forthcoming as decisions are made.



*Above: The state of Tennessee recently purchased land along Daddys Creek. The boundaries of this new state-owned land are denoted with red paint on trees along the Overlook Trail in Fairfield Glade.*

*Below: Ninety-foot center span bridge on the Cumberland Trail over Big Soddy Creek completed in 2015. A bridge over Daddys Creek may have similar dimensions. Planning continues, and a start date is unknown.*

*Photos submitted by Mark Richie*



**amazon**smile  
You shop. Amazon gives.  
*Thank you!*

As of February 20, 2023, Amazon has discontinued its charity disbursements. Thank you for your past support of Friends of the Trails through this program!

*We want to hear from you!*

If you have something to share  
with FOTT members  
in a future issue of  
**THE CUMBERLAND TRAILHEAD**,  
please email your submission to  
Michelle Bayless, editor, at  
[dreaminofobx@gmail.com](mailto:dreaminofobx@gmail.com)

# 5<sup>th</sup> Annual Hike for Health Kicks Off April 3

Exercise is vital to your overall health. The American Heart Association recommends fitting in at least 150 minutes of heart-pumping physical activity each week. Being physically active is important to prevent heart disease and stroke, which are the nation's top causes of death. Studies also show that exercise goes a long way in helping cancer patients stay strong through treatments and ward off future cancer reoccurrence.

Hike for Health is a weekly one-mile hiking series that can help you achieve a half-marathon in just 13 weeks!

From the beginner to the avid hiker, everyone is welcome to attend. Hike for Health encourages you to take steps towards a healthier you with group hiking opportunities.

When hiking, it's important to be prepared. Look to the weather forecast and dress accordingly with comfortable clothing and shoes, take water and a light snack, and wear sunscreen. Insect repellent is also recommended.

These are "all weather" hikes. This means that **the leader will always show up** at the trailhead regardless of the weather forecast. At 9:30 a.m., if there is a consensus among the hikers that the weather is too bad for an enjoyable hike, then it will be cancelled.

This year's Hike for Health series will kick off on April 3 and run every Monday through June 26. Each one-mile paved trail guided hike begins promptly at 9:30 a.m. Registration is not required to participate, and anyone interested is welcome to join at any time. For more information, including maps of trail locations and routes, visit [www.crossvilletrails.com/health-walks](http://www.crossvilletrails.com/health-walks) or call (931) 459-7019.



*Hikers gather at The Depot for last year's one-mile walk in downtown Crossville during the 2022 Hike for Health.*

## 2023 Hike for Health Schedule

April 3	Obed River Park Trail
April 10	Centennial Park #1
April 17	Downtown Crossville
April 24	Fairfield Glade CMC Wellness Complex
May 1	Fairfield Glade Sculpture Trail
May 8	Cumberland Mountain State Park ADA Trail
May 15	Centennial Park #2
May 22	Centennial Park #1
May 29	Downtown Crossville
June 5	Fairfield Glade CMC Wellness Complex
June 12	Fairfield Glade Sculpture Trail
June 19	Cumberland Mountain State Park ADA Trail
June 26	Obed River Park Trail





# CROSSVILLE TRAILS CONTINUE TO GROW

*Submitted by Brenda and Steve Gibbon, Construction & Maintenance Committee*

The TCAT Trail officially opened to hikers and bikers on January 14! This easy one-half mile trail features two bridges and slight elevation changes. The trailhead is located on Miller Avenue across from Garrison Park. Although parking for the trailhead is not available at the school, there is plenty of parking across the street at Garrison Park. Thank you to all the volunteers who came out to build this fun trail!

The trail reroute at Frey Branch Trail at Uplands Village in Pleasant Hill is ready for excavation work. This is a short reroute, but downed trees and large areas of mountain laurel made it difficult to clear. Andrew Ingram walked the cleared trail with Cheryl Heckler of Uplands Village and confirmed it is ready for his excavation work.

We expect that Andrew will complete his work by mid to late April. When the excavation work is complete, Steve Gibbon will schedule work sessions for tread grooming tasks. Be watching for our work session announcement and join us!

If you have not yet signed up to receive notifications about upcoming work sessions and wish to join us, send an email to [fott.tcm@gmail.com](mailto:fott.tcm@gmail.com) including your name and preferred email address. We will add your information to our distribution list. Previous experience is not required. We appreciate everyone who joins us in creating and keeping these hiking trails special.

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## GLADE TRAIL SYSTEM ALSO EXPANDING



**Welcome to Moss Creek** Fairfield Glade owns an eighteen-acre tract of land between Wilbourn Drive and Lechmere Drive between the Lancaster and Forest Hills subdivisions. A small, picturesque creek runs through the property. Since the drainage appears on topographic maps without a name, the Trail Crew named it for the abundance of moss-covered rocks. The intent of the trail is to open a short neighborhood hiking trail, benefiting more than sixty homes, suitable for a morning run or a pleasant evening walk in the woods. Trail designers are scouting the land and will create an easy trail of under one mile. Long term, Moss Creek Trail may become the northern terminus of the Stonehenge Trail.



**Coming Soon: St. George Trail** In February, Trail Crew Boss Mark Robinson led a scouting expedition to assess a suitable trail route for the St. George Trail, which is expected to be an easy one-mile loop with a link to Seven Bridges. A trailhead on St. George Place will give residents in that area access to a wooded walk by a small stream and under some impressive rock features. Trail work has begun... Tammy Burns digs a full bench trail cut (left) and Ron Swiatkowski builds a retaining wall along the stream (right).



# Spring Break Students Work on the CT

*Submitted by Savana Keeton, Executive Director CTC*

March was a busy month for the Cumberland Trails Conference. We had volunteers from all over contribute their time to help us. Through the Alternative Spring Break program, students from University of Pittsburgh, University of Alabama Birmingham, and Cornell College joined us to volunteer their time and learn about the work that goes into building hiking trails. Ten local volunteers helped us with this event as well. Our local park rangers joined in on the fun to teach the students various Tennessee cultures, such as: turkey calls, local reptile education and identification, bluegrass mountain music, and authentic square dancing.

In addition, we had a volunteer event on March 18 with eight volunteers who came out to help with the trail building process. Unfortunately, the March 17 volunteer event was cancelled due to inclement weather. With all the help we received from our volunteers, we managed to build over 1400 feet of trail in March and an additional 5265 feet was prepped by the students to aid the trail building process.

The Cumberland Trails Conference is currently working on two sections of trail in Rhea County. The trails will eventually join together from Laurel Snow Natural Area to Graysville Mountain. We have worked hard to install 59 stone steps and pavers, two switchbacks, and multiple drainages including several natural springs within these two sections. The trails are filled with wildflowers this month.

For more information, please visit our website at [cumberlandtrail.org](http://cumberlandtrail.org) or email [info@cumberlandtrail.org](mailto:info@cumberlandtrail.org).





## That's No Joke

FG Trail Crew volunteers use three rock bars to wrestle a rock estimated to weigh 500 pounds into position along Songbird Creek during construction of the new St. George Trail in a work session April 1.



## You Could Be One of Us!

While spring is typically thought of as a season of rebirth and new beginnings, that does not mean we cannot be touched by loss at any time. A Fairfield Glade Trail Crew member reminds us to:

*"Hug your parents, hug your brothers and sisters, hug your spouse, hug your children, hug your friends, hug the person next to you. You may never get another chance."*

*Tired of pickle ball? Golf isn't working out? Tennis no longer your thing? Mornings at the gym are getting old? Two hours a week of trail work just might be of interest.*

Work outside. Breathe the fresh air. Move LOTS of rocks and dirt. Make a contribution to your community. Work alongside certified trail builders to expand and maintain Fairfield Glade's 25-mile trail system. Training and tools provided. Contact Mark Richie at [xmedia2@frontiernet.net](mailto:xmedia2@frontiernet.net) for details.

## FOTT Annual Report 2022 by John Conrad

The FOTT organization is in good shape and operating smoothly with no significant issues at the moment. We appreciate the \$15,000 received from the City of Crossville. We have offered unspecified support to the Uplands Trails Committee as they reroute about 0.2 miles of the Frey Branch Trail. The only trail currently under construction is the TCAT Trail. As we do not have permission to build any more sections of the Greenway, we are considering other trail locations for construction in 2023. The City applied for a \$700K grant to construct a paved trail along the Little Obed River; unfortunately the grant was not awarded to the City for 2022, so application will be made again in the future.

### Marathon Committee

The 2022 Hiking Marathon was a big success with 2,700 registrations, up about 300 from last year. The weather cooperated and all feedback was very positive. The new registration and trail logging system worked well. Financially, the event broke even thanks to donations from generous sponsors. The committee is considering partnering with the Upper Cumberland Bigfoot Festival next year.

### Planning Committee

The planning committee is very active and productive, meeting three times in the fourth quarter: Sep 7, Sep 14, and Oct 17. The committee members are: Cosby Stone, Brock Hill, Misty Galloway, Mark Richie, Howie Peebles, Melanie Graham, Andrew Ingram, and new member Mike Croley.

The committee planned to walk the proposed St. Alphonsus Trail with Father Mark Schuster on November 22, with hopes of gaining permission to build the trail. The committee continues to investigate possible routes for a connector trail to the state park, and would also like to construct a trail on the city owned property on Webb Avenue before it is sold. It is also investigating additional trails at Meadow Park and on city property near the airport.

### Community Outreach

I attended these meetings in the fourth quarter: WBIR interview Oct 12, Tenn Green Zoom call Oct 18, CM State Park Nov 18, Uplands Trails Committee Nov 18, Meadow Park Lake Commission Nov 21, City Council Workshop Dec 20.

### Board Members & 2023 Officers

Board elections were held at the December FOTT Board Meeting on Dec 7.

1. Beth Davis (Dec 2025)
2. Levonn Hubbard (Dec 2025)
3. Mary deWolf (Dec 2025)- Secretary
4. Mark Houston (Dec 2023)
5. Ethan Medley (Dec 2023)
6. Valerie Hale (Dec 2024) – Treasurer
7. Ethan Hadley( Dec 2024) – Vice-president
8. John Conrad (Dec 2024) – President

