



THE CUMBERLAND TRAILHEAD

Friends of the Trails

Fall 2024

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“Our 9th year completing the Hiking Marathon!!! Thank you all that help put it together!! We look forward to it every year!” Emily Young

“We did it! We finished our marathon and our 100 mile ultra marathon . . . in 2 days. We're so grateful for this community and all of the support you constantly send to us and our kids. We're very proud of our 4 girls and we appreciate everyone who stops them and tells them how great they're doing and how strong they are. We also appreciate everyone who let's us pet their dogs.

And to those who have asked, yes, our youngest is . . . 2. That means she has completed three separate September Hiking Marathons . . . first she started at 6 days old.

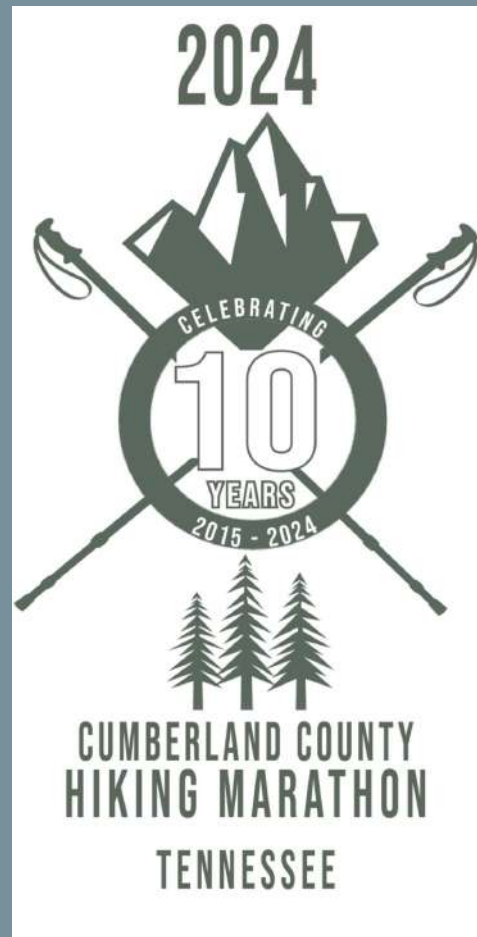


“We used to live in Crossville for many years, but moved to Cookeville three years ago. We still come to hike because it is a wonderful experience that we have not found anywhere else. While living in Crossville we hiked leisurely, doing not more than 1 trail per day, now we have to combine to reduce driving back and forth. We still enjoy the marathon so much and hope it will go on for many more years!”
Lena Jackson



Thank you to all of you who work hard year round to build and maintain these trails, everyone involved in this marathon, and the wonderful people at the festival who encouraged our girls to keep aiming for the stars.”

Loreé Danielle Horony



Ellie's Adventures on Hiking Marathon!

BY ELLIE BOGUCKA

My name is Ellie and I am a seven years old girl who loves hiking. I hiked over 130 miles for the 10th Anniversary Challenge – 100 mile Ultra Marathon of Cumberland County Hiking Marathon this year. Yes, I DID IT!

I had awesome adventures on the way. I visited Gnome Home Holler while hiking the new Getaway Trail in Meadow Creek Park, Monterey. That was FUN! There were many gnomes but my favorite was the one with legs made out of strings. I named him Wiggly!

On my hikes, I saw interesting rock formations, lakes, animals and plants. I found a red spotted newt hiding between the leaves on the new South Airport Trail. The small salamander played 'dead' at first. I watched it for a few minutes and it started walking. I moved it to the side of the trail so it is safe and no one steps on it. This was the first time I saw a newt – so COOL!

The best part of hiking is meeting new people and DOGS! I even hiked with famous SALSA the Wonder Doodle. One of the hikes we did together was on the Soldier's Beach trail where Salsa had a great swim. She is lots of FUN and I am so happy I met her!

I like my hiking adventures! There is so much to explore so **START** or **KEEP HIKING!**

Huge **THANK YOU** to all involved in building and maintaining our local trails!





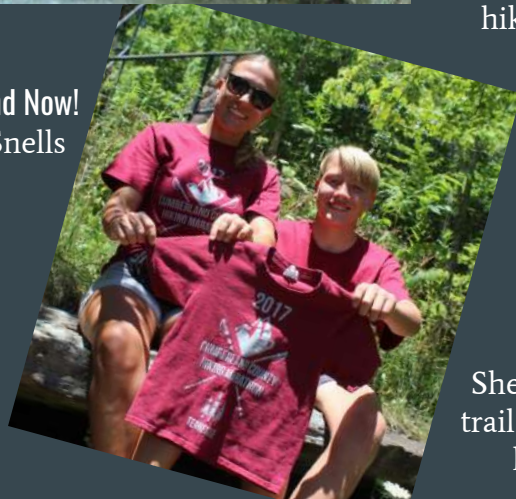
Gary Fitch -
His hiking began when a Scout Leader to his two boys and evolved into high-adventure hiking trips with his wife to Scotland, Coast of Maine, and Tuscany. He loves the peace, quiet, and solitude of hiking, and works with the trail's group to tend to his favorite trail, the Overlook Trail.



Jerry Brown -
He is part of the team that builds the trails and bridges. He loves to hike and doesn't want to stop!



Then and Now!
The Snells



Mary DeWolf -
She loves to hike all of the local trails, and is sometimes joined by her sister from Maryland.



CUMBERLAND FOREST FRIENDS

CONSERVE • LEARN • PLAY

facebook.com/groups/cumberlandforestfriends



Cumberland Forest Friends enjoyed doing 6 hikes together in September, including being at Obed River Park during the ribbon cutting ceremony for the new ADA playground!

The nature group enjoys monthly hikes around town and beyond, with the most recent being our Halloween Costume Hike on the Meditation Trail. We get kids moving, exploring, and learning in nature!



Through our first fundraiser, we were able to raise funds to donate towards FOTT and other local organizations!

Thanks to:

[Volunteer Hearth and Home](#)

[Kizer Diesel](#)

[Kerley Krew](#)

[Innovative Restorations](#)

[Nikki Metzler Photography](#)

[Bean Pot Campground](#)

[Simply Sourdough and](#)

[Frank Weight Loss Lewis!](#)



Trail Construction and Maintenance October 2024



Above: Bridge Building at Airport South
Steve Gibbon, Tim Lynch, John Conrad, Dan Coats, Joe Lucas

Airport South Loop

The Airport South Loop Trail build was completed in time to be included in the Hiking Marathon. This 2.5-mile trail sits alongside the Airport North Loop Trail and uses the same parking lot. There are moderate elevation changes and easy stroll sections of the trail.

During the Hiking Marathon, hikers that Steve and I spoke with talked about how much they like this ambling trail. It is a great fit for those hikers who prefer less elevation changes in their hikes.

Meadow Park North

The Meadow Park North trail opened in August. Sharing the same parking lot as Soldier's Beach Trail, this 2.5-mile trailhead is located across the street. The trail offers moderate elevation changes, four bridges, a boardwalk, and a stone crossing. When you hike Meadow Park North, you may find volunteers making tweaks to the trail. Feel free to stop and chat with us about our work!

Help Keep the Trails Clear and Safe

It has happened to all of us. We are happily hiking on our favorite trail and find a tree blocking the way or the side grasses have grown so high they droop over the trail. There it is... another ruined hike. But you can help us get that trail repair done quickly with a report at the Friends of The Trails website.

To request maintenance, go online to crossvilletrails.com/maintenance, find your trail, and click on the red “REPORT ISSUES” button. Complete the form being sure to include directions to the trail problem. You can send any pictures to fott.tcm@gmail.com.

Our volunteers build new trails and keep existing trails safe and clear of obstacles. Workdays are usually around two hours. At crossvilletrails.com/maintenance/volunteers you can see some of the volunteers and read about working on the trails in Crossville. Use the buttons on the page to join the team, sign up for the next session, and see the list of workers who have signed up for the next session. If you are still not sure, stop by one of our work sessions to see how we work and have fun.



Above: Airport South Grooming
Steve Gibbon, Ron Woodworth, John Partyka, Deb Martin,
John Conrad, Brenda Gibbon, John Martin

Brenda Gibbon
Trail Maintenance & Construction
fott.tcm@gmail.com

Morgan Creek Section

Exciting progress continues on the Morgan Creek section! Since kicking off construction in April, our trail crew has been hard at work, crafting 7,827 feet of new trail and installing a staggering 1,136 stone steps to guide hikers up the gorge. This section is set to connect Graysville Mountain with the stunning Laurel-Snow State Natural Area, creating a vital link in the southern portion of the Cumberland Trail.

The rugged terrain has kept the crew on their toes, but they've risen to the challenge, meticulously placing each stone step to ensure a safe and scenic hike for everyone. After braving the heat of summer, our team is looking forward to cooler weather as they continue making strides. Along the way, they've uncovered fascinating remnants of the area's mining history, giving hikers a glimpse into the past while they enjoy the views.



Morgan Creek

Morning shot photographed by Joshua Hall



Upper Piney Section

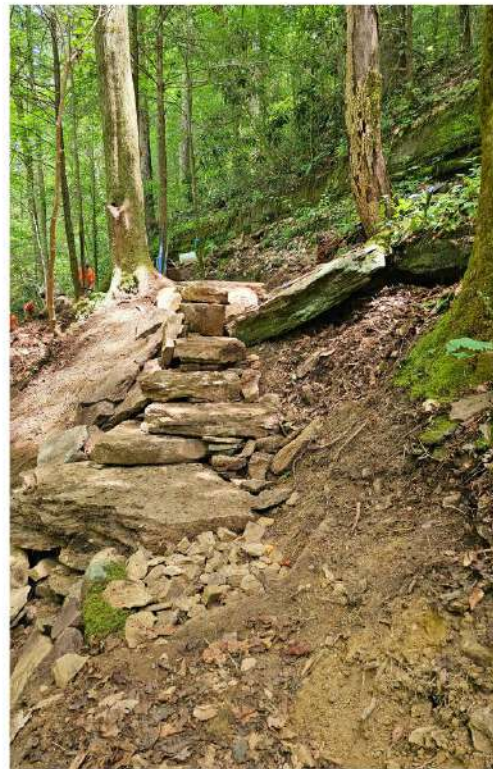
In the Piney River section, the trail crew has hit some major milestones over the last two years—completing 46,145 feet of brand-new trail! This breathtaking route features waterfalls, wildflowers, and sweeping overlooks of the gorge, making it an absolute must-hike. With 4,063 stone steps and pavers, along with expertly constructed cribbing walls to protect against erosion, this trail has been built to last.

In September, the crew completed their final walkthrough, clearing fallen trees and celebrating the fruits of their labor. The Upper Piney section, with its serene swimming spots and hidden campsites, offers an immersive outdoor experience. We can't wait for you to explore this new section once the park rangers give the official green light—so keep your eyes peeled for the opening announcement!

Before



After



Upper Piney

Hard work from the trail crew to build this set of steps above the flood zone.

History of the Trails, by Mary deWolf

Cumberland Mountain State Park's

beginnings arise from the Great Depression of the 1930's, a result of the activities of several federal agencies including the National Resettlement Administration, the Civilian Conservation Corp (CCC), the WPA, and the Forestry Department

About 10,000 acres were purchased from the Missouri Coal and Land Company by the U.S. government for the development of 250 farms in the area known as Cumberland Homesteads. About 1,500 acres were set aside in the plans for a recreation area for these families. This park was built by the CCC workers.

The first, main, and largest structure in the park is the dam and bridge. It was started in 1934 and completed in 1938. At 347 feet it is the largest masonry structure built by the CCC and also considered the largest non-reinforced dam in the world. As with the rest of the Homestead community, this dam was built from all native materials. The future lake bed was cleared and the timber used to build the forms for the dam construction. Many of the plants on the new lake bed were transplanted and used in landscaping other areas of the park. CCC workers, using hammers and machines, crushed local sandstone creating the main ingredient of concrete which forms the core of the dam. Crab Orchard stone formed the facing.

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History of the Trails, cont.

The dam created Byrd Lake which supplies opportunities for boating and fishing. The CCC continued its work in the park until 1941, building several miles of hiking trails. The 5-mile Pioneer Trail loops through the forest along the shores of Byrd Lake and Byrd Lake's headwaters. The 1-mile Cumberland Plateau Trail is a self-guided interpretive trail that loops through a diverse forest stand downstream from the dam. The Byrd Creek Trail is a 2.1-mile extension of the Cumberland Plateau Trail that loops around the banks of Byrd Creek. The Cumberland Overnight Trail is a 6-mile extension of the Byrd Creek Trail that winds through the hills flanking Threemile Creek. The backcountry campsite is located in a cedar flat near the overnight trail's halfway point.

The park's newest trail is an Americans with Disabilities Act (ACA)-compliant paved trail that also serves as one of the state's storybook trails. A special dedication was held Sept. 14, 2018 to officially open the trail, which begins at the state park office, goes around a part of Byrd Lake and ends at the boat dock. Families or adults with young children can also walk the trail and read each page of the Imagination Library book "Night-Night, Forest Friends."

Learn about how Cumberland Mountain State Park became the one of the most popular state parks at the Historic CCC Museum. The museum offers a look into the park's historical significance and tells the story behind park architecture born from the era. A wheelchair-friendly restroom can be found inside. Parking for the museum is shared with the restaurant, Homestead Harvest.



Help Plant a Meadow at Cumberland Mountain State Park

The Friends of Cumberland Mtn State Park (FCMSP) have been purchasing and planting many shrubs and trees near the start of the ADA trail at Cumberland Mtn State Park with grant money from the state's Iris Fund to help pollinators. We will need volunteers in the first two weeks of December (dates to be announced later) to install 3,800 plant plugs!

We will remove the 6 big tarps you see at the start of the ADA trail across from the office now, in late November, and wait for a good rain, hopefully within two weeks in December. Then we will get the exact date out to those who signed up to volunteer to plant.

If you think you might be able to help us to plant this meadow on short notice in December, email friends.cmsp@gmail.com with your contact phone number or email address so we can let you know the date.

Fairfield Glade Trail Crew News:



Above:
A preview of Camp Branch scenery. The bench provides a view into a large cascade that roars after a good rain. The area is rich in laurels, rhododendron and umbrella magnolias.



Below:
Danny Terry next to Mark's Crack. Eventually Camp Branch Trail will thread its way up the middle toward one of several cliff features. Several locations are named for trail volunteers. Danny's Overlook is on the Canyon Trail 1,000 feet past the Vee.



Above:
Richard Simer, kneeling does final grooming on the entry stem for the Camp Branch Trail. Foreground is another new volunteer, Steve Braunschweiger.

Newly opened Moss Creek Trail is getting good reviews. This is the inviting entrance from Lechmere Drive. Moss Creek Trail connects Lechmere Drive with Wilbourne Drive.

Maple Ridge development is creating interesting challenges for the Trail Crew. The trail, right, is next to several culverts that threaten future access. The Trail Committee is monitoring the construction and eventual paving of the road. Exactly where water run off will go and how it impact the trail is unknown. Stay tuned.

Hikers on the Canyon Trail may have noticed a new spur trail near Forest View. It connects to an alternative parking area off Catoosa Boulevard that is used mostly during the marathon season.



All Glade Trails can be found on Google Maps. The number of hits on each trail head is a bit astonishing. Even the less notable trails have significant traffic on Google Maps. The Library Trail was posted in 2018 and was seen over 350,000 times. The Trails Committee monitors the locations for user comments and photos.

Volunteers Needed!



Glade Trails Committee Seeks Members

Outgoing Trail Committee Chair, Mark Richie stands in a tributary to Moss Creek. The Trails Committee needs to fill three vacancies for 2025. Trail building experience is NOT a requirement. A love of our trails and a willingness to contribute to maintaining and expanding the trail program is all that is needed. Applications can be picked up at the Club offices or can be found on-line at the Club web site <https://nsmembers.fairfieldglade.cc/>

Committee meets once a month and is responsible for planning the activities of the Trail Crew and creating recommendations to the FG Board for budgeting and trail related policies.

For further information contact Mark Richie at xmedia2@frontiernet.net

FOTT

Friends of the Trails

Newsletter Editor Opening

Do you have a desire to assist Friends of the Trails from home? Once a quarter, we gather articles from contributors, briefly edit them, and insert them into a newsletter template to be distributed. Think you have the skills to help?

Email annamargaret.tn@gmail.com