



# THE CUMBERLAND TRAILHEAD

SUMMER 2025

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# Women in the Woods

*Hiking Class*  
*Aug 9th 8am-12pm*  
*Meadow Park Lake*  
*Sign up today!*

Linda Klingerman will present “Women in the Woods,” with discussions designed to empower women to hike confidently in any conditions. This class is open only to women and will also offer tips for hiking with children. There will be two hours of classroom instruction, followed immediately by a hike on the Meadow Park North Trail.

Bring water, snacks, and note-taking materials. Please wear boots or sturdy sneakers (NO FLIP-FLOPS OR SANDALS); use sunscreen and bug spray.



Cumberland Forest Friends moms enjoy a kid-free hike at Stinging Fork Falls

# Trails Over Treadmills Class

**[Sign Up Here!](#)**

*Limited to 45*

Mark Richie will address the health benefits of hiking on uneven terrain versus walking on paved paths in Trails Over Treadmills. He will offer helpful tips on proper preparation that will improve your outdoor experience, especially those hiking in the marathon. Ninety minutes of classroom instruction will be followed the next day by a two-hour hike (approximate).

Both this and Women in the Woods will cover the same key concepts: The health benefits of hiking vs. walking; the importance of appropriate footwear, clothing, and gear; how to choose and pack the 10 essentials; what to do if you are lost, injured, or have to overnight on the trail. These **FREE** classes are open to all ages and all abilities!

**Saturday, August 23, 2:00 p.m. - 3:30 p.m.**  
**Fairfield Glade Library**

**Sunday, August 24, 2:00 p.m. - 4:00 p.m.**  
**Lake Glastowbury Trail, Fairfield Glade**

Bring water, snacks, and note-taking materials. Please wear boots or sturdy sneakers (NO FLIP-FLOPS OR SANDALS); use sunscreen and bug spray.

# Challenge Met!

Spring Ultra-Hike by Michelle Bayless



234 participants hiked at least one mile

152 completed 50 miles or more

130 finished all 100 miles (or more!)

282 hikers paid their registration fee

The 100-mile ultra hike organized last fall to celebrate the 10th anniversary of the annual Cumberland County Hiking Marathon proved so popular that we decided to try it as an annual spring event. Thus the Spring Ultra Hike was born.

The rules were simple...hike 100 miles on county trails in the 90 days between Feb 15 and May 15.

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Some finishers deserve a special recognition: Linda Klingerman was the first to finish on Feb 24. Two 100-mile hikers under age 5, Runa and Thorrin Horony, completed the challenge with their parents and older sisters. There were two finishers in the 80+ age group—Carol Conrad and Robb Howard.

All paid participants earned a custom designed vinyl sticker to commemorate this year's challenge. All finishers earned an enamel pin to attach to a hat or backpack and were entered into a drawing for additional prizes, awarded on June 7 at FOTT's annual National Trails Day picnic.

Christine Lister obtained prize donations from several local businesses; Outdoor Experience in Cookeville, Soulful Foote Reflexology in Crossville, and Meditation Station in Crossville all generously offered gift certificates. Other prizes included water bottles, buffs, and gift certificates to the G.O.A.T. Cafe, the Custard Cabin, and REI.

Registration for next year's Spring Ultra Hike will open February 1, 2026. More details will be provided in the winter edition of this newsletter, by email, and on [Facebook](#).



# DID YOU FORGET YOUR SUH SWAG?

If you have not picked up the Spring Ultra Hike t-shirt you paid for, the commemorative sticker you earned for hiking at least one SUH trail, or the enamel pin that celebrates all who finished the 100-mile challenge, you have two options to collect your swag.

- ◇ You may email [cchikingultra@gmail.com](mailto:cchikingultra@gmail.com) to arrange a porch pickup in Fairfield Glade.
- ◇ You may also visit the SUH table at the Hit the Trails Festival at The Square in Fairfield Glade on October 4, 10:00 am – 1 pm.

***Any t-shirts left after October 4 will be donated to charity.***



# Trail Construction and Maintenance



## Meadow Park North Trail

The trail crew has built and installed two benches. The benches are in shaded areas close to the ends of each side of the loop. They are the perfect place to stop for rest and water breaks after an uphill hike. The views are nice, too! Plans include adding one more bench and installing steps at the bridge locations.

## Airport South Trail

A bench has been installed overlooking a small creek at about .5 mi counterclockwise from the start of the loop. The bench is located on a short spur trail on the right with a pretty view of seasonal water flows. Another bench will be placed at about .75 mi going clockwise, .5 mi after passing through the split rock. It is a relaxing place to rest and watch wildlife.

## Cumberland Mtn St Park

Friends of the Trails is helping repair two bridges damaged by the recent severe storms. On the Pioneer Trail short loop, a 12-foot boardwalk floated downstream and had to be “walked” back to its original resting place.

At the Pioneer Trail long loop, the Boy Scout bridge was swept off the banks and rests in the middle of the creek. This repair project includes removing handrails, repairing, and carrying it back. Be aware that it may not be safe to cross after heavy rain with flooding.

## Woodlawn Loop

We all try to do our part in keeping the trails in optimal hiking condition. One person, in particular, frequently clears trails as part of his hiking routine. Many thanks to you, Ron Jewell, for doing the weed clearing at Woodlawn Loop. We appreciate all the work you do on our trails!

**Submit a repair request!**

**[crossvilletrails.com/maintenance](https://crossvilletrails.com/maintenance)**

**Brenda Gibbon    [fott.tcm@gmail.com](mailto:fott.tcm@gmail.com)  
Chair, Trail Construction and Maintenance**





New Bench on Airport South Trail.  
L-R standing: Court Wiedenmayer, John Partyka,  
Ron Woodworth, Steve Gibbon, Ron Jewell with  
Chris Conlogue seated.



The Boy Scout Bridge at Cumberland Mountain  
State Park has washed into the creek. The handrails  
will have to be removed to make it lighter before it  
can be put back in place.



Steve Gibbon, Ken Smith, and Ron Woodworth  
installing a bench at Meadow Park North.

# 2025 Hiking Marathon Trails



Fairfield Glade



Cascade Trail

Glastowbury Trail

Overlook Trail

Red Loop

Seven Bridges & St George Trail

Crossville Trails



Airport South Trail

Meditation Trail

Obed River Park Trail

Meadow Park North

Soldier's Beach Trail

Cumberland Trails



Peavine Rd South

Selby Loop at Head of Sequatchie



# COMING SOON!

Friends of the Trails Calendar!  
The Friends of the Trails is creating a 2026 calendar with images of many of your favorite trails, and including key trails dates. Watch for this to be on sale at the Hit the Trails festival in October.

More information available later—Mary deWolf



# Cascade Trail Open!

by John DeVinney & Michelle Bayless



Seasonal changes in water flow transform the trail's character immensely. The summer months may find the water features in hiding, but hikers will enjoy Camp Branch cascade (above) during its full spring flow.

July 1, 2025, marked the latest trail opening in Fairfield Glade. Named the Cascade Trail, this new hike is just under two miles in length. The property and basic route had been studied for many years, but the project was delayed several times as the trail was deemed too difficult to build with the resources that were available. However, construction began in late summer 2024 and was originally predicted to take three years to complete.

Thanks to the dedication of the Fairfield Glade "Trail Crew," the job was finished in just 11 short months. The 40-member all volunteer crew carried out most of the work, logging more than 3,500 hours of labor to grade out and complete the trail. Fairfield Glade's generous support allowed the crew to hire skilled trail construction contractors who used machinery to do most of the heavy

excavation in this very challenging terrain. A new parking lot off Lancashire Circle capped off the construction.

The shaded Cascade Trail entices hikers with water features that include a scenic waterfall, a very long cascade on Camp Branch, and extended hikes along Daddys Creek, Pond Branch, and an unnamed waterway running from Westchester Drive. The trail also has several benches strategically placed to allow hikers to enjoy the views or take a rest. The adventurous will enjoy a rugged climb to a high flat top bluff, a skinny climb through a rock crack, and several step-overs of the water features.









# Cascade Trail





## Filtering Water: An Essential Skill

### by Loreé Horony

Close your eyes and take a guess. What is the heaviest thing in any avid hiker's pack? More than likely, it's the water! A liter of water weighs roughly 2 ¼ lbs.

Many outdoor companies recommend one liter of water for every hour of strenuous hiking. For a longer hike sometimes carrying 4 liters of water just isn't ideal. Personally, we are a family of six and my husband and I carry the majority of the water for our kids. This was hard on our backs during the big hikes. This forced our hand; we needed to learn to find water another way.

When searching for water sources, you want to find water that is moving, not stagnant, and a bit deep. Boiling is a valid option if you have the gear. My 750 ml titanium pot with fuel and pocket stove weigh .88 lbs. Our favorite option is to switch to a small water filter. Most brands with mini water filters attach onto the sturdy plastic water bottles. It only weighs 2 oz and can work like squirt bottles. On the other hand, if you are planning a picnic or longer stop, you have time to use your filter with a specially made bladder just hung up in a tree or off of your pack to gravity feed. Our two-liter bag weighs 2.8 ounces.

Always check rules on your hike about taking water and mind local regulations. Most filters can guarantee a 0.1-micron absolute filtration. Do your own research and alleviate your pack from extra weight on the long hikes!



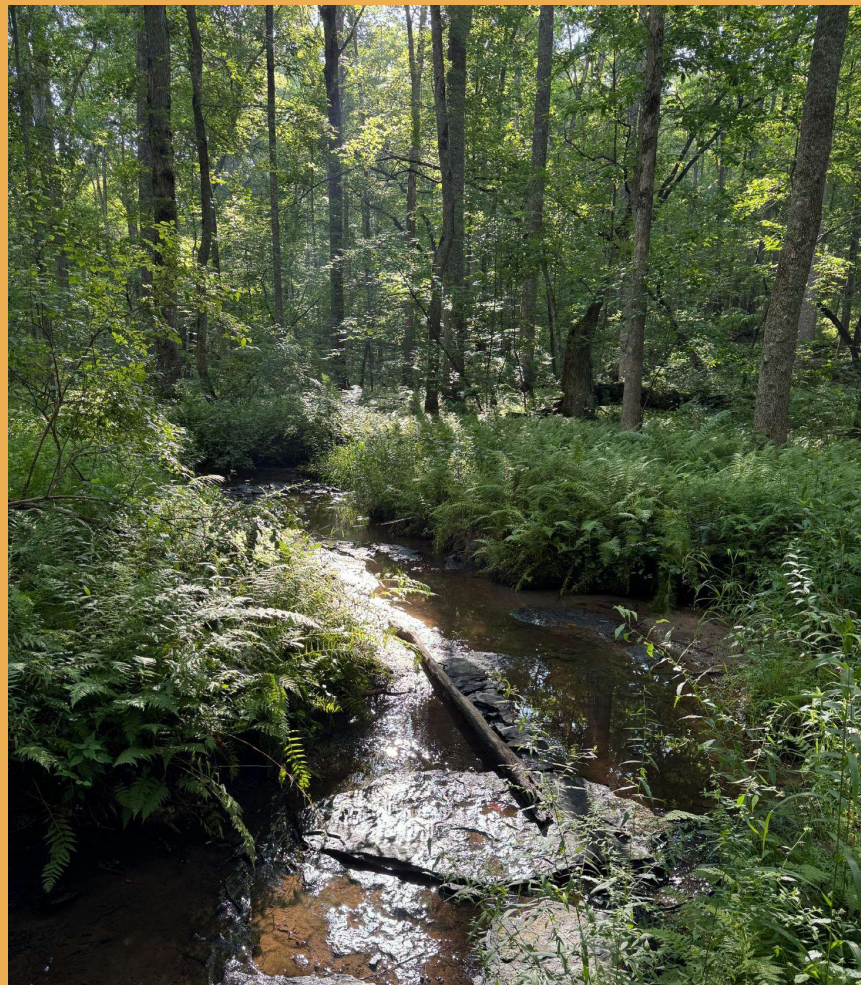
# A Hike for All Seasons

**by Christine Lister**

I was a desert hiker for most of my life because of where I grew up. The dry, rocky terrain I navigated was a far cry from the trails in Cumberland County. Little did I know what delights awaited me when I moved here three years ago. I had no idea that an English bloke by the name of John Conrad would precede me by several years so he could run around building trails in time for me to arrive (thanks, John!).

Hiking trails in Southern California did not prepare me for the diversity of what trails look like here from season to season. Sure we'd have our occasional "super blooms" after an uncharacteristically rainy winter, but more often than not, the dominant colors on my local trails were limited to a dusty green and various shades of brown. And summer was the height of these muted colors. Those days are a lifetime away from my hikes in Cumberland County.

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I've enjoyed hiking the same trails in different seasons to experience a new vibe each time. The Airport south trail is an example of this. During winter, when all the leaves are off the trees, the bare trunks protrude up from the dormant ground like giant toothpicks. Although the image is reminiscent of a dead forest, life is still flourishing tucked away from what the naked eye can observe. During this season, the woods offer you a glimpse into what is normally concealed. Look closer and you'll find all kinds of hidden treasures. The winter is when I discovered our resident armadillo on the Airport south trail. He was rummaging around the fallen leaves left and meandered across my path. What a treat!

Fast forward a couple months and I took a friend on this same trail during the summer. All of a sudden, the Airport south trail had an enchanted feel to it. The lush landscape exploded onto the scene in all its splendor. The woods had coyly veiled itself in a canopy of ferns and other flora. The various shades of green and overlapping plants, trees, and vines intertwined with

each other to create a mystical garden to traverse. Only the trail was visible to follow as it wound its way through the woods. Sounds of an unseen animal scurrying amidst the brush sparked the imagination with a little bit of fear mixed in at the unknown origin.

While I've not hiked in snow locally, I've done so elsewhere and that is yet another realm all together. One winter I hiked a trail in Yosemite National Park and discovered the necessity of using my hiking pole to verify there was in fact footing where I was about to place my next step. The innocent-looking snow is deceitful. I found this out when my foot went down about 12-16 inches before stopping and for a hot minute I was stuck. A fellow hiker pulled me up and I learned my lesson – use the pole to find the trail.

The muted sounds of winter hiking in snow creates a soothing cushion. The cold air invigorates the lungs (if it's not TOO cold) and spurs you on. The pristine look of a white blanket on the landscape beckons reflection and curiosity.

No matter what season you hike in, there will be wonders to behold. May you enjoy what is offered to you as you trapse around our local trails. Stay alert and enjoy what our county has to offer on these fabulous paths.

# Cumberland Forest Friends Hikes with Salsa

by Anna Groom

The local nature group got a special treat when Salsa joined at Soldier Beach for a hike and swim!

**Adrian 5:** "When I got hurt I got to throw the ball for Salsa and she swam really far in the water!"

**Kyra, 14:** "I liked that Salsa could swim out in the water as far as I could."

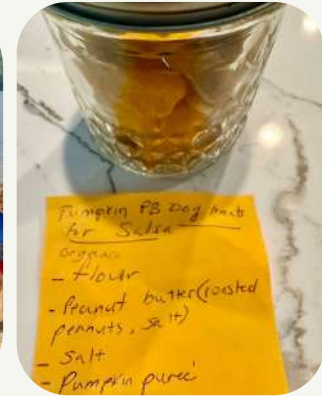
**Nate 8:** "She didn't want to take a picture with us so they had to take her ball. And we got cool stickers of her."

**Runa, 4:** "We hiked with Salsa and Salsa went into the water with us. That's so silly because water beaches is for peoples!"

**Manny, 11:** "When we got to the area where we can swim, I was able to throw the ball to Salsa! She's fast."

**Thorrin, 2:** "Her in outside pool! Her not afraid!"

One mom made homemade dog treats to thank Salsa!







# Cumberland Trails

Check out the [facebook](#) page to see tips on wildlife, trail updates, and amazing events to get you educated and exploring!



Daddys Creek Stairs



Before and After



## WALK ACROSS TENNESSEE

Join us this October for Walk Across Tennessee! Gather a team of 4 as we track miles and encourage each other to stay active. It's a fun way to boost your health and enjoy some friendly competition.

Looking for a fun way to stay active and feel your best? UT Extension offers a variety of engaging classes designed to help you move more and enjoy it - all while preparing you for your favorite outdoor adventures, like hiking!

Best of all, these classes are free or low cost, making it easy and affordable to take charge of your health, meet new friends, and get trail-ready in a fun, supportive environment.

For more information contact Crystal at  
[cblankenship@utk.edu](mailto:cblankenship@utk.edu)







# Thank You

to all the organizations and volunteers for creating so many amazing places for humans to reconnect with nature. The last 5 years of exploring the Plateau and beyond have brought me unparalleled peace, comfort, and joy. I am beyond blessed to get to live here and raise my kids in these hills. Keep up the good work!

## Newsletter Submissions *Want to be featured in the fall edition?*

Email Anna Groom [annamargaret.tn@gmail.com](mailto:annamargaret.tn@gmail.com) with any type of submission. (Subject: FOTT Newsletter, your name, organization)

Send 200-300 words directly within the email and include 1-2 photos with descriptions. Deadline is Oct 5th for the fall edition.