



Newsletter of the
Chattanooga Hiking Club

September 2023

7 Principles: Leave No Trace

We each play a vital role in protecting the wilderness. It's important to be conscious of the effects our actions have on plants, animals, and the entire ecosystem. Following these practices can help us minimize our impact.

- 1. Plan Ahead and Prepare.**
Know the regulations and special concerns for the area you're visiting. Prepare for extreme weather, hazards and emergencies.
- 2. Travel and Camp on Durable Surfaces.**
Hike on maintained trails and camp on durable surfaces, such as rock, gravel, or dried grasses.
- 3. Dispose of Waste Properly.**
Pack it in, pack it out. To wash your dishes, carry water 200 feet away from streams or lakes and use only biodegradable soap.
- 4. Leave What You Find.**
Examine and photograph, but do not touch cultural or historical structures or artifacts. Leave rocks, plants, and other natural objects as you find them.
- 5. Minimize Campfire Impacts.**
Where fires are permitted, use established rings, fire pans, or mound fires. Keep fires small and use only down and dead wood that can be broken by hand.
- 6. Respect Wildlife.**
Observe wildlife from a distance; do not follow or approach animals. Never feed animals and store your food and trash securely.
- 7. Be Considerate of Other Visitors.**
Respect other visitors and protect the quality of their experience. Let nature's sounds prevail. Avoid loud voices and noises.

From the National Park Service (www.nps.gov).



Making

TRACKS



Upcoming Outings at a Glance

Wednesday, September 6: Reflection Riding

Trail: Skyuka Springs

Miles: 7.5 and 2.5 mile options

Elevation gain: 300 to 400'

Contact Susan Faidley at susanf.chchiker@gmail.com.

Saturday, September 16: GSMNP

Trail: Mt. LeConte

Miles: 11

Elevation gain: 3000'

If you are interested, please let us know as soon as possible.

Contact Susan Faidley at susanf.chchiker@gmail.com.

Wednesday, September 20: Cohutta WMA

Trail: Emery Creek Falls

Miles: 5.9

Elevation gain: 900'

Contact Rusty Garrison at rustyg382@gmail.com.

Sunday, September 24: Cloudland Canyon State Park

Trail: Sitton's Gulch

Miles: 6

Elevation gain: ~1,000'

Contact Rita Pendergast at rita.pendergast11@gmail.com.

Saturday, October 7: Prentice Cooper State Forest

Trail: Ritchie Hollow to Snooper's Rock

Miles: 8

Elevation gain: 1,476'

Contact Barbara McCollum at bpmccollum@yahoo.com.

Sunday, October 22: Lookout Mountain

Trail: Durham Trails

Miles: 8.3

Elevation gain: 900'

Contact Jenny Hopkins at jenhop60@gmail.com.

Saturday, October 28: GSMNP

Trail: Spence Field

Miles: 13.5

Elevation gain: 3,000'

Contact Susan Faidley at susanf.chchiker@gmail.com.

Please see page 3 for more details on these outings.

Website: www.chatthiking.com

Facebook: Chattanooga Hiking Club

Reports from the Field

**Wednesday, August 2
Gibbs Gardens**



Nine members of the club enjoyed a trip to Gibbs Gardens near Ball Ground, Georgia, to take in the beautiful flowers and landscaping. Thanks to Gwen Brimer for organizing!



**Wednesday, August 9
Mabbit Springs to Falling Water**

A group of 16 hikers joined leader Debbie Lambert on the Mabbit Springs trail on Signal Mountain. The weather was pleasant (for August) and the views were fantastic!



**Wednesday, August 23
Annual Hiwassee River Float Trip and Picnic**



The hiking club's annual float trip and picnic was a big success! We met in Reliance, Tennessee, at Webb Brothers to pick up duckies and shuttle to the put-in.



Great weather, 5 miles of floating, hiking (for those who didn't want to float), and a potluck picnic all made for a full day. Thanks to Susan and Wayne for leading the hike and to Barbara McCollum, who organized the picnic.



Upcoming Outings

Wednesday, September 6**Skyuka Springs****Location:** Reflection Riding**Driving Time:** 15 minutes**Distance:** 7.5 or 2.5 mile options**Elevation Gain:** 300 to 400 feet**Rating:** Easy**Pace:** Relaxed

Enjoy a walk through Reflection Riding along Lookout Creek on our way to the Lower Truck Trail and Skyuka Springs. After a nice break and snack at the spring, we will hike back on the forested trails with views of the meadow below us. There are a couple of small hills on nice paths. To register contact Susan Faidley at susanf.chchiker@gmail.com.

Saturday, September 16**Mt. LeConte (via Alum Cave Trail)****Location:** Great Smoky Mountains National Park**Driving Time:** ~ 3 hours (one way)**Distance:** 11 miles**Elevation Gain:** 3,000'**Rating:** Strenuous**Pace:** Moderate**Trail Conditions:** Some rocky areas

Mt. LeConte is considered by many to be a Smoky Mountains must-do hike. It is very strenuous and you will need to be prepared for a full day of hiking on sometimes steep and rocky trails. This trip will require spending the night in the Gatlinburg area so we can get an early start. The hike is for members only and experience with mileage and elevation gain is necessary. If interested, please contact Susan Faidley (susanf.chchiker@gmail.com) as soon as possible so hotel plans can be made.

**Wednesday, September 20****Emery Creek Falls****Location:** Cohutta Wildlife Management Area**Driving Time:** ~ 1 hour**Distance:** 5.9 miles**Elevation Gain:** 900'**Rating:** Moderately challenging**Pace:** Standard**Trail Conditions:** Expect many creek crossings

We'll cross Emery Creek, as well as several smaller creeks numerous times, so it's important to wear shoes you don't mind hiking in wet. We'll meet at the Ingles in Chatsworth, Georgia, and carpool 8 miles to the trailhead. The first part of the trail requires some light rock scrambling. Once at the lower falls, we'll take a group photo and, for those who want to, climb to the upper falls. Bring hiking poles, snacks/lunch, and water. View the map on AllTrails. If you plan to attend, contact Rusty Garrison at rustyg382@gmail.com.

Sunday, September 24**Sitton's Gulch Trail****Location:** Cloudland Canyon State Park**Driving Time:** ~ 45 minutes**Distance:** 6 miles**Elevation Gain:** 1,000'**Rating:** Moderate to challenging**Pace:** Standard

We'll begin the hike at 9 a.m. This is generally a moderate hike, but the stairs to the waterfalls can be strenuous. To register, email Rita Pendergast at rita.pendergast11@gmail.com.

Saturday, October 7**Ritchie Hollow Trail to Snooper's Rock****Location:** Prentice Cooper State Forest**Driving Time:** ~ 20 minutes**Distance:** 8 miles**Elevation Gain:** 1,476'**Rating:** Moderate**Pace:** Standard

We'll begin the hike on Ritchie Hollow Trail in Prentice Cooper State Forest. As we meander through a mature hardwood forest, we'll make a quick stop at the stunning 30-foot Blowing Wind Falls and then continue toward Snooper's Rock, where we'll connect with the Cumberland Trail System's Pot Point Loop Trail before getting to our turnaround point. We'll break at Snooper's

Upcoming Outings continued

Rock for snacks/lunch and enjoy a view of the Tennessee River. These trails were built by the Tennessee River Gorge Trust in partnership with others, and some of the non-technical portions were built by volunteers from the Chattanooga Hiking Club. For more information, contact Barbara McCollum at bpmccollum@yahoo.com.

Sunday, October 22

Durham Trails on Lookout Mountain

Driving Time: ~ 30 minutes

Distance: 8.3 miles

Elevation Gain: 900'

Rating: Moderate

The Durham Trails were opened as part of the Lula Lake Land Trust on an old coal mining community known as Durham. The property was once a bustling mining town, dating back as far as 1891. At one time, the area was said to have a workforce of 30,000.

On this approximately 8-mile loop, you can expect moderate hills, some rocky terrain, and beautiful scenery. You will need \$5 (exact change) or an annual Georgia Parks Pass for parking. For more information, contact Jenny Hopkins at jenhop60@gmail.com.

Saturday, October 28

Spence Field Day Hike

Location: Great Smoky Mountains National Park

Driving Time: ~2.5 hours (one way) from downtown

Distance: 13.5 miles

Elevation Gain: 3,000'

Rating: Strenuous

Some of the nicest views in the Smokies are from Spence Field, which is an Appalachian grassy bald. There are great views of Rocky Top and Thunderhead, both well-known peaks. Beginning at Cades Cove, we pick up the Anthony Creek Trail and begin a 5.2-mile climb. After a rest and lunch, we follow the Appalachian Trail for 2.9 miles to Russell Field. We descend on the Russell Field Trail. This is a strenuous hike, both for mileage and elevation gain. However, we will hike it at a standard pace of about 2 mph, with extra time for climbing. For details, contact Susan Faidley at susanf.chchiker@gmail.com.

Members on the Move

The Glacier Hiking Crew

Several members of CHC experienced a first this July with a picture perfect (literally and figuratively speaking) visit to Glacier National Park and the Canadian Rockies. Pam Dowden inspired us at the beginning of 2023 to visit this indescribably beautiful park. And, as an added bonus ... her granddaughter, Maisey, spends her college summers working there and joined us in a few adventures.



Like everything in life, a simple visit to a national park isn't for the faint of heart. Hours and hours of planning and strategy are required including navigating the new complicated summer entry program.

We dubbed ourselves the Glacier Girls: Pam Dowden,

Trish Franklin, Shelly Lewis and Novi Morales (later changed to "Crew" to include the fellows: Lance Lewis and Tony Morales). Friends and new CHC members, Nancy and Jorge Ayala joined the Crew for a few days.



Novi found us a sizeable rental house in Glacier City. Pam designed

Members on the Move continued

our matching pink-for-the-girls, grey-for-the-guys Glacier Crew shirts. We focused on the east side of the park, which is home to the best wildlife and hiking.



We spent five days exploring the park, with favorite hikes being Highline Trail from Going-to-the-Sun Road, Grinnell Glacier and Iceberg Lake from Many Glacier entrance and our one rainy day with a boat ride at Two Medicine entrance.

And yes, we saw wildlife. There were overly curious big horn sheep and white mountain goats at Highline Trail. We had our first moose sighting at Grinnell Glacier and safely observed a berry-eating grizzly bear on our way to Iceberg Lake.

Following the Glacier trip, we went to Canada with visits to Waterton Lake and Banff National Parks and stops at Lake Louise and Lake Moraine. It was an amazing trip where (like the shirts say) we became more than friends, we're trail family!

Submitted by Shelly Lewis.



Become a Hike Leader

Being a hike leader can be both a fun and rewarding experience. Please consider reaching out to Susan Faidley to learn more about what it takes to lead a hike. She has compiled a list of potential hiking trails and is available to help in considering what hikes you might want to schedule in the near future. She is also a great resource for help with planning and logistics. For those of you who are unsure because you are new to the club, please send her questions about planning and leading a hike! Susan's email is susanf.chchiker@gmail.com.



Club Officers and Support

President - Stormy McGauley

Vice President - Tony Morales

Treasurer - Jenny Hopkins

Secretary - Susan Basch

Membership Database - Susan Basch

Outings - Susan Faidley

Midweek Outings - Cheryl Carico

Newsletter - Betsy Archer and Steve Barnes

Webmaster - Renaud Courbiere, Christianne Montoya

Trail Maintenance - Bill Kinnaman

Visit our website chatthiking.com to learn more about upcoming hikes, read archived newsletters, and more!