



Newsletter of the  
Chattanooga Hiking Club

July 2020

**Club Meeting**

The Chattanooga Hiking Club meets at 6:30 PM on the first Monday of even numbered months (except December) at the REI store at 2507 Lifestyle Way, behind the Embassy Suites off Shallowford Road.

**Next meeting – maybe Monday, October 5, 2020 (???)**



Pictures from Teresa

*Making*

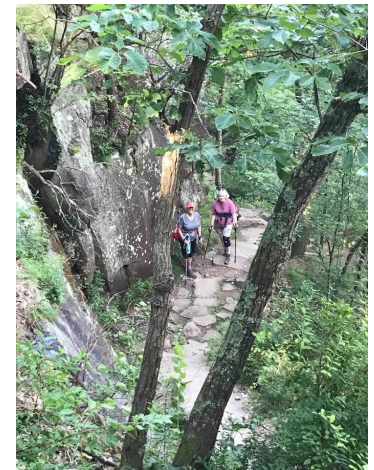
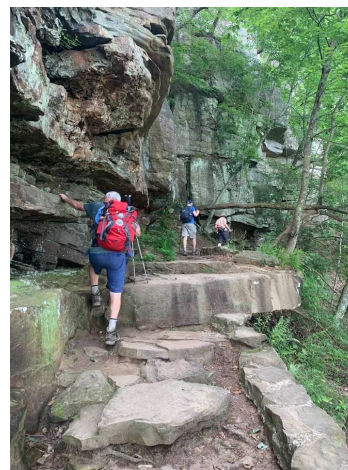
**TRACKS**



**Reports from the Field**

**Lookout Mountain  
Wednesday June 3, 2020**

Fifteen hikers assembled at Cravens House in the Chickamauga and Chattanooga National Military Park on Lookout Mountain, Tennessee/Georgia. We hiked the 4.5-mile Cravens House Loop which included the following trails: Cravens House, Bluff, Gum Spring, Upper Truck and Rifle Pits. Most everyone enjoyed the side trail to Sunset Rock for a stunning view and a nice cool breeze. For some Chattanooga residents, this was their first time to Sunset Rock! The flora and fauna did not disappoint with a few wildflower sightings including Indian Pink, Fire Pink, Skullcap, Jack-in-the Pulpit and Flame Azalea. As we descended to the lower elevations on the Gum Spring and Upper Truck trails, the humidity began to intensify which made the final Rifle Pits trail a bit more challenging. Happy to be on the trail, but missing hugs from our hiking friends were Bill Kinnaman, Charlie Breeding, Joy Ward, Larry Parks, Mac and Teresa Dean, Richard Park, Susan Garrett, Suzanne Dorough, Tom Carter, Wanda McCarter, Wayne Chambers, Karin Deering, Che Carico, and Barbara McCollum leading.



Pictures from Joy (left), Teresa (right and above)

**Reports from the Field**

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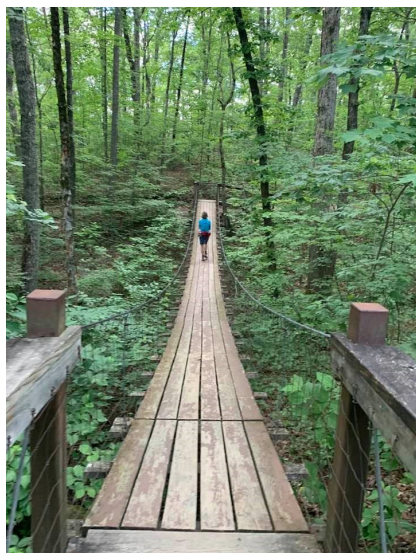
**Chester Frost Park  
Wednesday June 10, 2020**

This beautiful park has remained open during the virus crisis and has saved the lives of many hikers, walkers, bikers, and boaters! Today's walk/hike began at the parking lot just past the entrance sign to the park (left turn). The walk/hike began here and continued around the lake, past the ranger station, and into the area for campers. There is a campers' loop which we hiked once and then returned to the parked cars giving a total of 6 fast miles as mostly paved trail. The park boasts safe vantage points for fishing, green grasses, woods with tall trees, squirrels, blue herons, Canada geese, deer, and a variety of songbirds. Enjoying this "place of beauty and solitude" were: Cecile Shenouda, Merry Boggs, Diehl Boggs, Mark Parks, Barry Ligon, Beverly Ligon, Wayne Chambers, Ellie Carico, Emery Carico, Weston Carico (unexpected ride in the boat with a friend and yes he caught a fish), Che Carico, and Joyce Campbell reporting and leading. Then it was off to Frazier's Produce in Sale Creek for strawberries picked that very day!

**Shackleford Ridge Park (Blue Loop) with spur to Mushroom Rock and North Suck Creek  
Wednesday June 17, 2020**

Twenty three hikers joined to hike the Shackleford Ridge Trails on Signal Mountain. There was a joyful, "happy to be in the woods" feeling within the group. Some chose to hike the 2.7 mile blue trail around the schools. Others continued on to Mushroom Rock adding an additional 2.2 miles. And a few chose to hike down to North Suck Creek from Mushroom Rock which added an additional strenuous mile. Although the wildflowers and flame azaleas were few in number, the lushness of the woods surrounded us, and abundant "fields" of ferns spread throughout the forest. It was a perfect hiking day with friends old and new! Those "set free" to enjoy the woods and each other at a socially acceptable distance were: Gary Petty, Susan Garrett, Suzanne Dorrough, Wanda McWherter, Cecile Shenouda, Monica Bestawros, Marie Loisy, Sylvia Peixoto, Boe Rudder, Joy Ward, Charlie Breeding, Autumn Carico, Ellie Carico, Emery Carico, Wendy Gunn, Wayne Chambers, Tom Carter, Patti Giles, Ned Giles, Che Carico, Joyce Campbell, Susan Garrett, Debbie Lambert leading and reporting. Bill Kinnaman and JD Dickinson created their own trek on this varied and beautiful property.

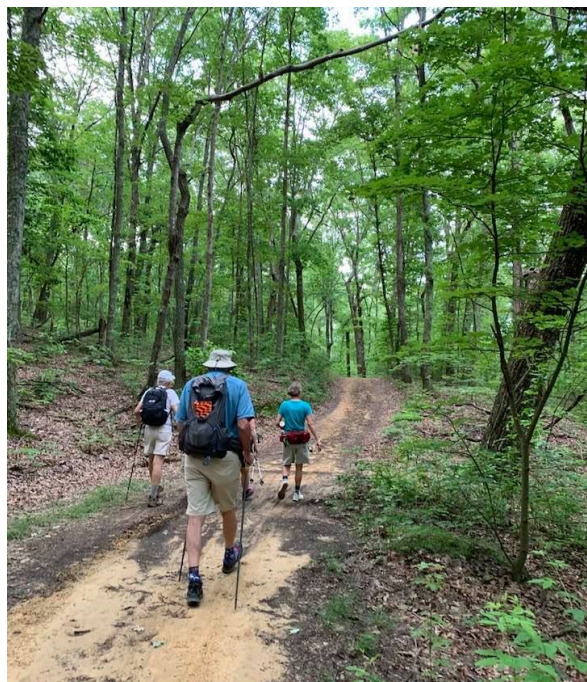
Pictures from Joy



**Cross-country Trail Complex, Covenant College  
Wednesday June 24, 2020**

Susan had tried to scout this area but not successful on the day she went by herself!! She was joined by Debbie on the hike day to guide hikers as they arrived to the turn in from the main highway. The trail head and kiosk can be seen from the power lines. These trails were new for the majority of the hikers. They are not well marked but with all heads put together, no one got lost. There is a kiosk and online map that is not very clear. The trails were nice and wide for keeping social distancing. It was a pleasant hike in the woods providing plenty of shade. A few flowers were on the trail as we crossed the power lines, and blackberries for nibbling. Lots of berries but not quite ready for picking. Not certain about miles but just enough to be among good friends. Enjoying the new hike were: Betsy Parson, Bill Kinnaman, Charlie Breeding, Debbie Lambert, Joy Ward, Joyce Campbell, Mac and Teresa Dean, Patti and Ned Giles, Richard Park, Suzanne Dorrough, Tom Long, Wanda McCarter, granddaughter Savannah, and Susan Garrett reporting and leading.

Pictures from Teresa (right), and Joy (below)



## Outings Schedule

(no Saturday plans for the moment...)

**Wednesday Day Hikes - Che Carico** - The Wednesday group hikes many of the same trails as the weekend hikers. Since a schedule is not published in advance, notification of each week's plan is sent out by email on Sunday or Monday. Please call Che at (423) 718-9271, leave your email address, and ask to be added to the group list; or email her at [MidWeek@chatthiking.com](mailto:MidWeek@chatthiking.com) and likewise ask to be added to the group list.

### Hike Difficulty Ratings

The information below is provided as a guide only. Each hiker assumes the risks associated with hiking in the great outdoors, including the responsibility of paying any bills associated with rescue efforts or medical care. The wise hiker always carries water, food, and first aid items.

**Easy (E):** 6 miles or less; mostly level or only slight incline.

**Moderate (M):** 6-10 miles with an elevation gain that will generally not exceed 350 feet per mile, with a total elevation gain of no more than 1000 ft.

**Moderately Strenuous (MS):** 6-10 miles in length, but include rocky trail conditions, tricky stream crossings, or elevation gain of more than 1000 ft but less than 2000 ft.

**Strenuous (S):** a distance of 10-14 miles or with more than 2000 ft total elevation gain, but no more than 3000 ft.

**Extremely Strenuous (S+):** Usually involves distances of more than 14 miles or more than 3000 ft in elevation gain. There might be very steep/rugged climbs, deep stream crossings, or unmaintained trails.

**Pace:** Standard pace is 2 miles an hour; less on steep or rugged terrain. Fast pace is 2.5 to 3 miles an hour or more and may not vary much regardless of terrain.

**Attention:** When calling to go on an outing, please specify exact number of people who will be attending. Do NOT just show up with a friend or family member unannounced! This puts your hike leader in an awkward position as most hikes involve some planning of transportation. Also we frequently hike in wilderness areas and other places where the number of hikers in a group is limited. If that is the case, and the hike is already full, you may be turned away!

**Cancellations:** Hike leaders are entirely at the own discretion regarding the weather. It is possible that a leader may decide that, due to weather conditions, they do not feel safe hiking on that day. Lightning kills many people every year and can strike hikers on a trail. Also many of the areas where we hike are prone to flash floods that can kill or injure. The leader will call, email, text, etc., if deciding to cancel before the day of the hike. In the event that the decision to cancel is made on the day of the hike, the leader will give you the courtesy of showing up at the designated meeting place to announce that the hike is cancelled.

## Other Stuff

Our prayers go out for and our love goes out to Boodie Fox upon the loss of his wife Carol.



### Rock/Creek Discount Info

Show your Chattanooga Hiking Club Membership Card, along with your ID at any Rock/Creek Store.  
Chattanooga Hiking Club - 10% off one Item  
\*Applies to one non-sale, in-stock item. Can not be combined with other discounts or promotions. Offer does not apply to gift cards, boats, boards, coolers, & electronics. **In-store only.**

### Club Officers and Support:

**President** - Gary Petty (423) 488-5954

**Vice President** - Stormy McGauley (423) 505-4525

**Treasurer** - Jenny Hopkins

**Secretary** - Susan Basch (706) 633-6159

**Membership Database** - Susan Basch (706) 633-6159

**Outings** - Barbara McCollum (770) 289-7143

**Newsletter/Webmaster** - John Rowland (423) 802-7704

**Trail Maintenance** - Steve Barnes (423) 339-3019

Boe Rudder (423) 400-1103

**Midweek Outings** - Cheryl Carico (423) 718-9271

**Website:** [chatthiking.com](http://chatthiking.com) (includes link to newsletter)