

## MUDDY BOOTS HIKE—NORRIS DAM STATE PARK--SEPTEMBER 14th

Join us as we explore both the history and trails of beautiful Norris Dam State Park. Construction of Norris Dam began in 1933 by the TVA, at the tail end of the Great Depression. Lake Norris has 809 miles of shoreline and 33,840 acres of water surface. We will park at the Visitors Center and traverse approximately **4 miles** along the Lakeside Trail, Christmas Fern Trail, Tall Timbers Trail and Sams Trail which are all relatively close to the dam itself. These shady trails offer some nice lake views with a few fairly steep sections. Along the way we will stop at the historic Norris Dam Tea Room, rustic CCC cabins and the remnants of CCC Camp #494 (Camp Kinchen), getting historic insights at each location. Afterwards, perhaps you will take the opportunity to view the dam itself from an overlook or stop at the Visitors Center or visit the Museum of Appalachia in nearby Clinton, TN. You may wish to plan future trips with family to view the Lenoir Museum, historic grist mill and threshing barn, also in the park, which are unfortunately, not open on Mondays or Tuesdays. Hike details below:

**No registration—Just show up!**

**Date/Time:** Monday, September 14th @ 7:45 AM (Rain date September 21<sup>st</sup>)

**Length of Hike:** Approximately 4 miles

**Elevation Gain:** 450 feet

**Rating:** Easy/Moderate

**Meeting Location:** We will **meet at 7:45 AM** and depart at 8AM from the Chota Center Parking lot in front of Lakeside Realty which is across from the Marathon gas station in “downtown” Tellico Village. There, we will give a quick rundown of the hike, restroom locations and provide driving directions. Normally we encourage carpooling, but that is being discouraged during the ongoing pandemic. We will also be encouraging 6’ social distancing from the hikers in our group. Masks are optional.

**Distance/Drive Time:** 60 miles, 1 Hour

**Hike Leader:** Tom Jadwin

**Be Prepared:** Bring water, trail snack & lunch. Hiking poles and hiking boots are always recommended.

Hiking involves some exertion and often walking on uneven surfaces. While we do our best to describe any trail challenges and conditions, you are hiking at your own risk.

In the event of a situation requiring medical intervention during a hike, we suggest that each participant wear their **Name Tag** and bring a **Photo ID** (generally driver’s license) and **Medical Information cards** (Health Insurance Card or Medicare + supplemental Health Insurance Cards)

**Lunch:** No formal lunch is planned. You can either bring a lunch or find a restaurant in nearby Clinton, TN

**Directions:** Directions & bathroom information will be provided on the day of the hike at the meeting location

**Email List:** To receive Muddy Boots emails including hike descriptions, updates, and rain-out notifications, you must register on TellicoLife.org. After registering, you can subscribe/unsubscribe to emails by following this path:

Go to TellicoLife.org > **Log-in** > **My Profile** (cell phones-scroll down to bottom)> **My Features** tab > **ELists** > toggle Muddy Boots button to ON