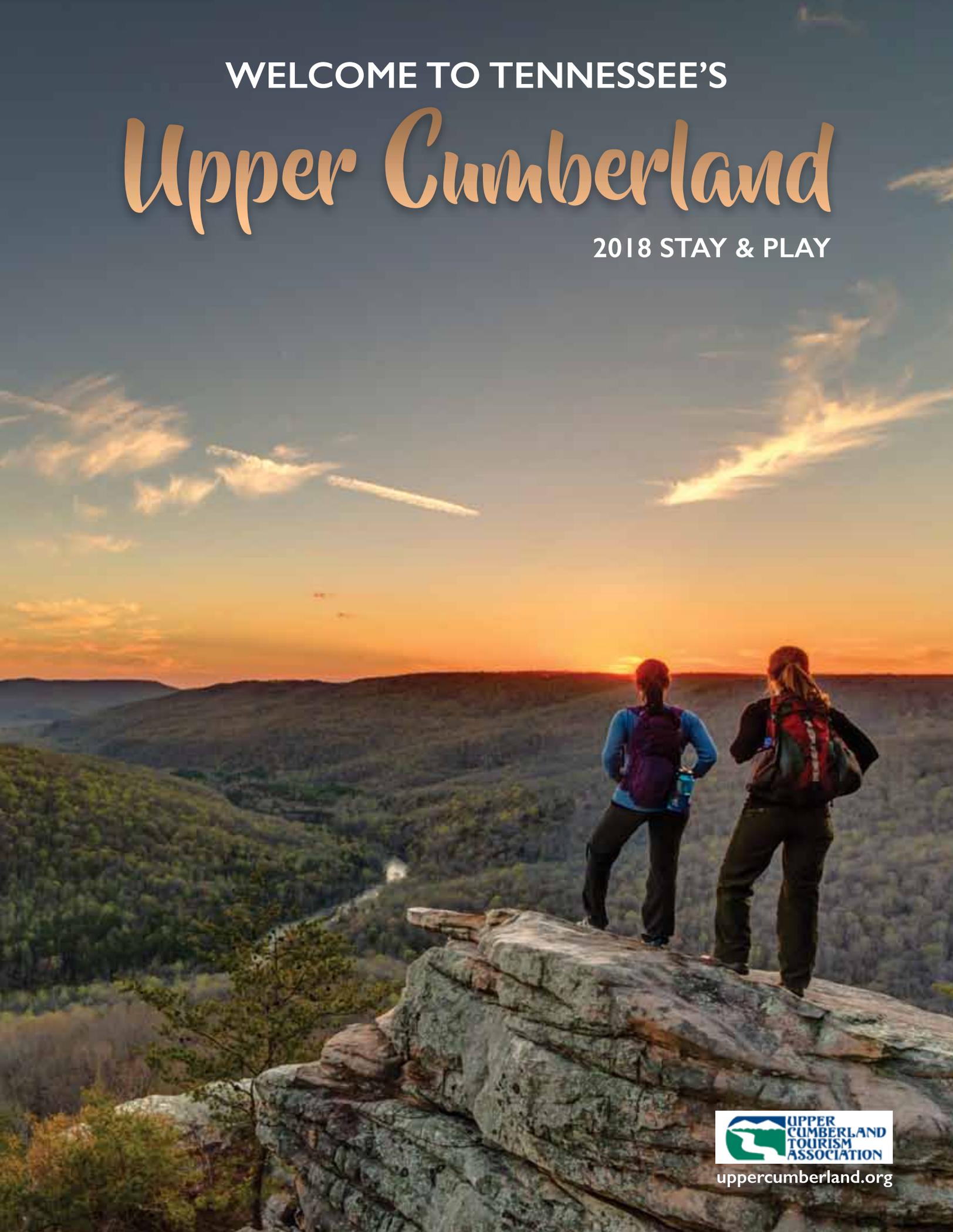


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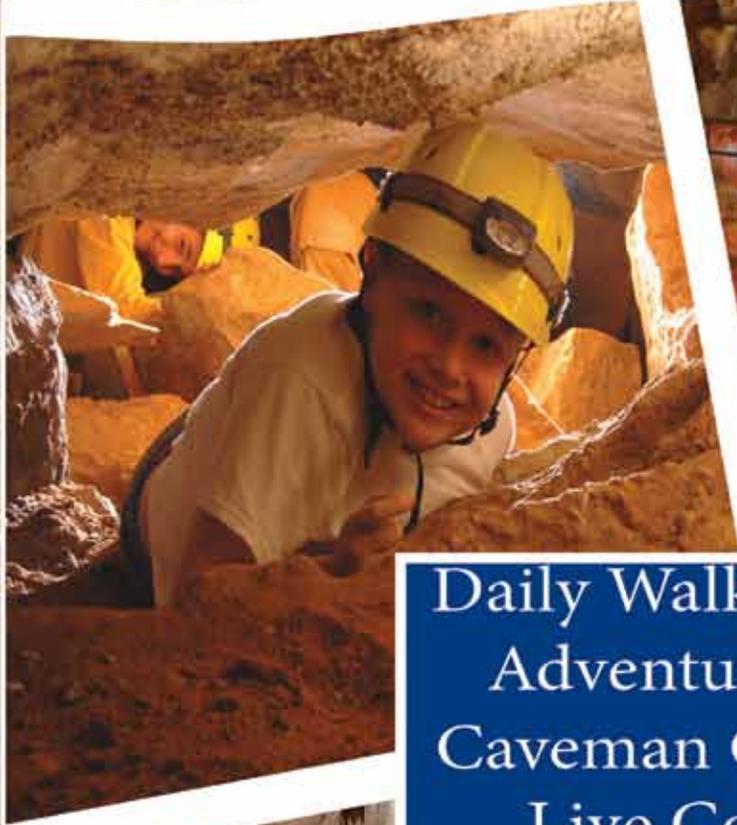


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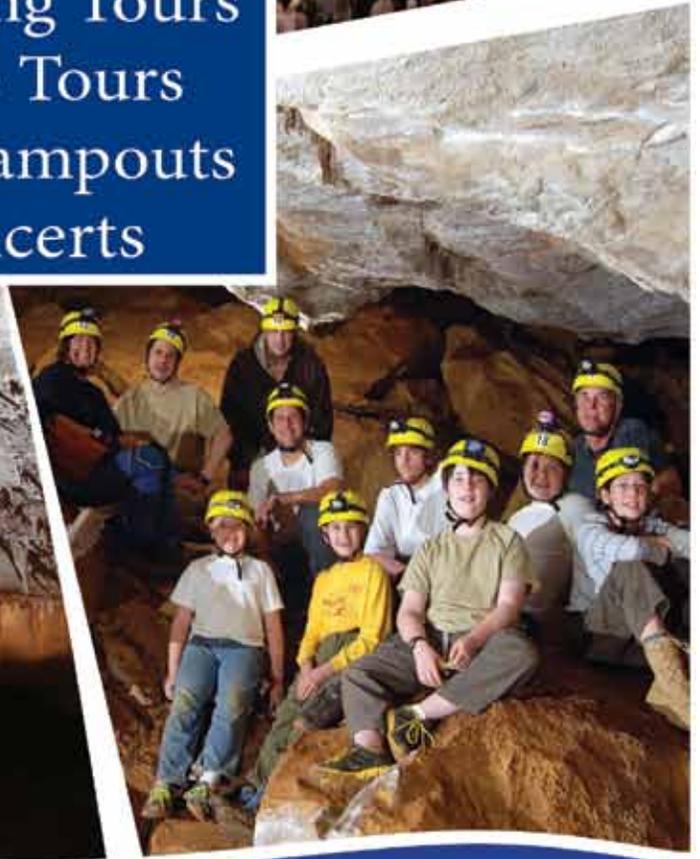
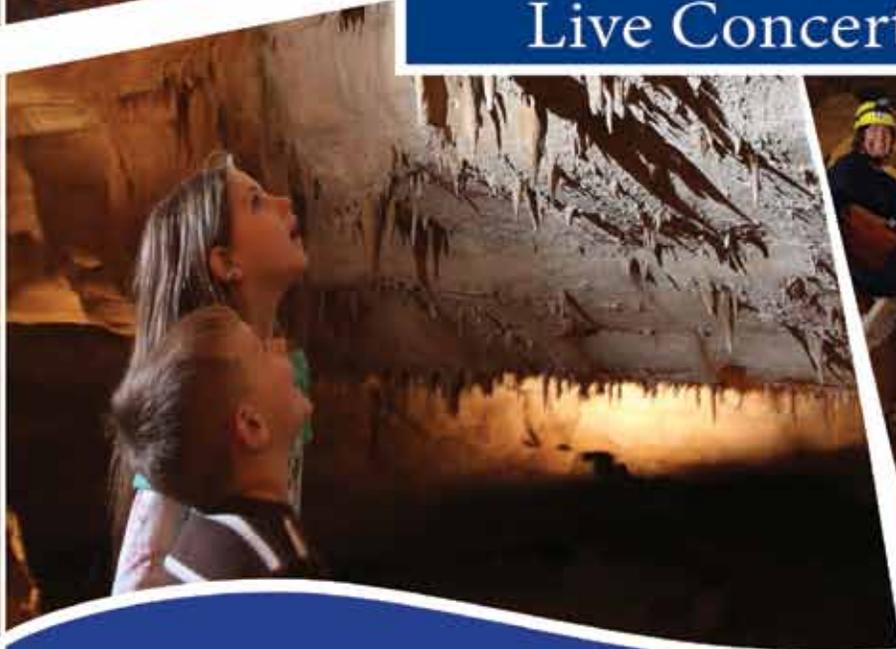
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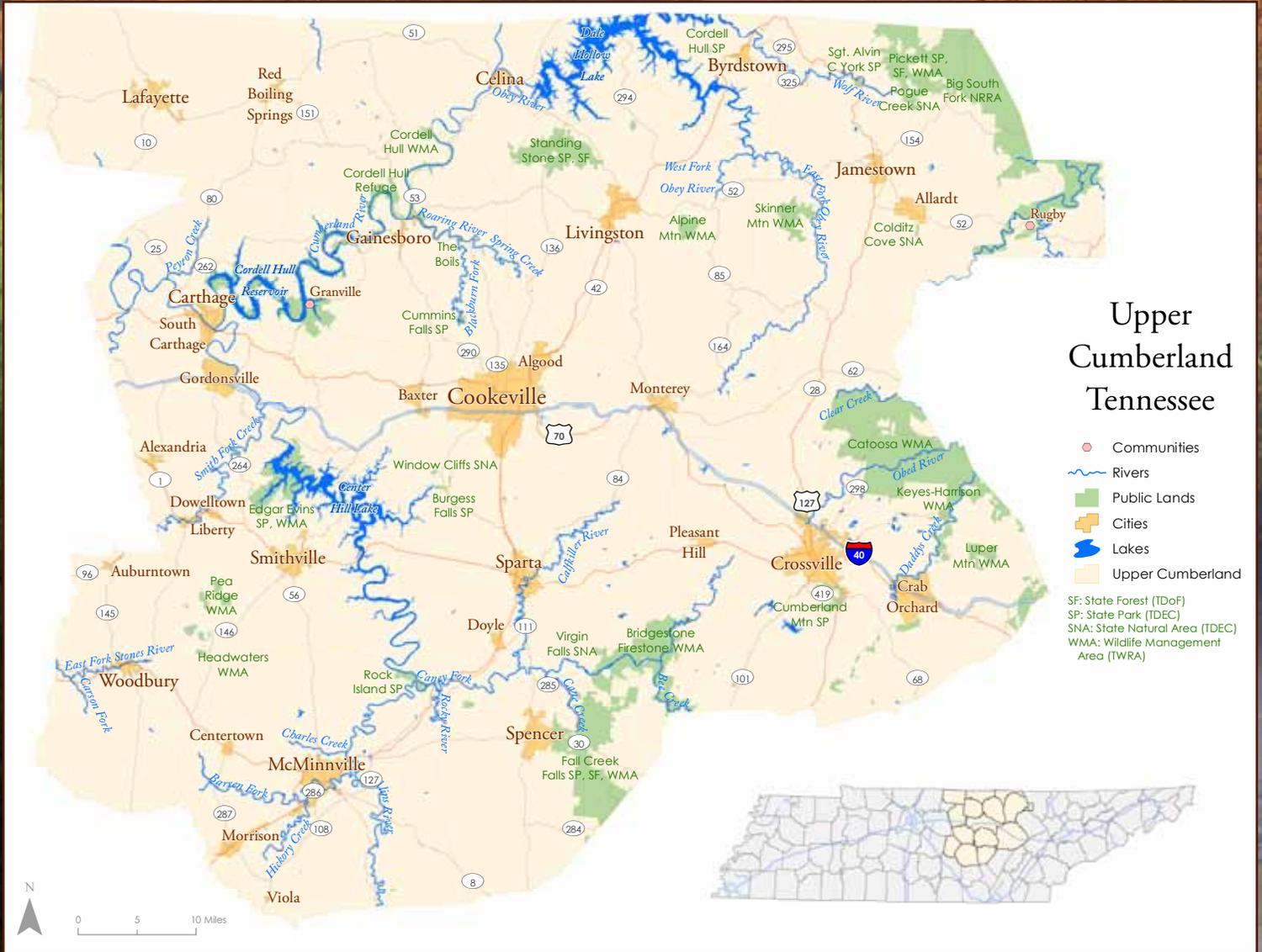
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TENNESSEE'S Upper Cumberland



Upper Cumberland Weather Averages

	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Average High °F	46	51	60	69	77	84	87	87	81	71	61	49
Average Low °F	26	28	35	42	52	61	65	64	56	44	35	29
Average Precipitation Inches	5.08	4.88	4.8	4.57	5.51	4.61	5.04	3.94	3.9	3.23	4.72	5.71

Caney Creek, Fentress County
 photocredit H.L. Harder



2018 Upper Cumberland Stay & Play Magazine

Covering the 14 counties of the Upper Cumberland in Tennessee:

Cannon | Clay | Cumberland | DeKalb | Fentress | Jackson | Macon | Overton | Pickett | Putnam | Smith | Van Buren | Warren | White

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ON OUR COVER

Welch Point, Bridgestone Firestone
Centennial Wilderness Wildlife
Management Area, White County
photocredit Chuck Sutherland

Calendar of Events in the UC



Scarecrow Festival, Granville, October 3 - 31

JANUARY - DECEMBER

Ghost Hunt Weekends House in Red Boiling Springs.
ghosthuntweekends.com

Sutton Ole Time Music Hour in Granville
granvilletn.comuppercumberland.org

Cumberland County Playhouse in Crossville
ccplayhouse.com

Historic Palace Theatre in Crossville
931-484-6133

Red Pump Café Open-Mic Night at the Armour's in Red Boiling Springs.
vision2020inc.com

JANUARY

27

Wine on the Rails. From Nashville to DelMonaco Winery & Vineyards in Baxter. Vintage style attire. muddyrootsrecords.com

FEBRUARY - DECEMBER

Comedy Dinner Theatre Shows Thomas House in Red Boiling Springs.
thomashousehotel.com

FEBRUARY

10

Amore Italian Style" at DelMonaco Winery & Vineyards in Baxter.
delmonacowinery.com

17

Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter.
tcry.org

24

Honest Abe Log Homes Open House in Moss. 800-231-3695

24

Cummins Falls Marathon in Cookeville.
facebook.com/CumminsFallsMarathon

24

Winter in the Trenches Living History Program at Pall Mall.
931- 879-6456

MARCH

2 - 4

Stay & Play in the UC Travel Expo in Cookeville.
uppercumberland.org

2 - 4

Home & Garden Show in Cookeville. uchba.com

17

Annual Waterfall Tour at Edgar Evins State Park. 931-858-2114

24

Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter. tcry.org

APRIL - DECEMBER

Downtown Crossville Friday Night Crossroad events - 931-484-9433.

APRIL - OCTOBER

Overton County Cruise-In - Livingston - 931-397-4901.

APRIL

7

Celebration of Craft at the Appalachian Center for Craft in Smithville.
931-372-3051.

14

Upper Cumberland Wine Festival in Granville
uppercumberlandwinetrail.com

14

Opening of Granville 2018 Festival Season. Strolling through the 50's "Let the Good Times Roll - granvilletn.com

14

Granville Genealogy Festival - granvilletn.com

14

Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter. tcry.org

14-15

Spring Dale Hollow Bass Classic at Sunset Marina & Resort in Byrdstown - 931-864-6215

21

Wine on the Plateau at the Fairfield Glade Community & Conference Center - facebook.com/wineontheplateau

APRIL (con't)

- 21 Earth Day Market in Sparta - spartatnchamber.com/
- 19-22 The Wall That Heals Tour in Cookeville - visitcookevilletn.com
- 21-22 Mayhem for Mustard Seed Ranch in Cookeville. crossfitmayhem.com/events/

MAY - OCTOBER

- Sparta Green Market in Sparta - Third Fri - spartatnchamber.com/
- Bluegrass in the Amphitheater in Sparta - spartatnchamber.com/
- Good Time Cruiser Classic Car Show in Sparta - spartatnchamber.com

MAY

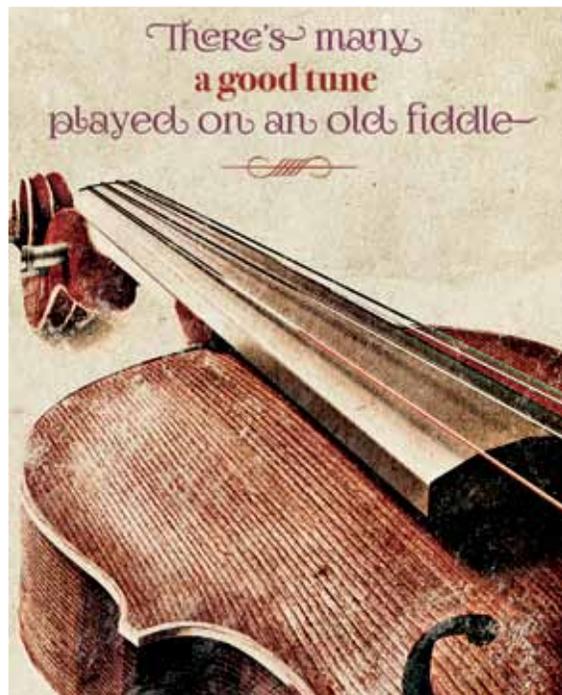
- 4-6 Mother's Day Market at Northfield Winery in Sparta northfieldvineyards.com
- 5 Cornbread & Moonshine Festival in Granville - granvilletn.com
- 10-12 OVC Outdoor Track Championships in Cookeville visitcookevilletn.com/
- 12 Wildflowers & Wine at Cellar 53 in Brush Creek - cellar53winery.com
- 18-19 Southern Marketplace Barn Sale at Acres of Grace Farms in Red Boiling Springs - asouthernmarketplace.com
- 18-19 TN52 Yard Sale from Celina to Lafayette - 615-666-5885.
- 19 Sock Hop Cruise-in, Dancing in the streets in Sparta. spartatnchamber.com
- 21-22 Run For the Wall in Cookeville - rftw.us/midway-route-hub
- 24-27 Jammin' at Hippy Jack's Americana Music Festival in Crawford. jamminathippiejacks.com
- 26 Granville Heritage Day with Antique Car Show & Uncle Jimmy Thompson Bluegrass Festival - granvilletn.com
- 26-27 Memorial Day Craft Show at the Square in Fairfield Glade. fairfieldglade.cc

MAY - JUNE

- 31-3 Southern Cruisers Tennessee State Rally - tnscrally.net

JUNE

- 2 Folk Medicine Festival at Red Boiling Springs - 615-388-3046
- 2 Wine & Swine Day at Highland Manor in Jamestown. highlandmanorwinery.com
- 6-9 Defeated Creek Bluegrass Festival in Defeated. visitsmithcountyttn.com



Smithville Fiddlers' Jamboree & Crafts Festival
July 6 - 7

JUNE (con't)

- 8-9 Grits & Glitz Barn Sale in Granville - granvilletn.com
- 9 Honest Abe Log Homes Open House in Murfreesboro. 800-467-5647
- 9 Cruisin' into Summer Car Show at the Square in Fairfield Glade fairfieldglade.cc
- 16 All-American Soapbox Derby in Cookeville. facebook.com/cookevillesoapboxderby
- 16 Wine on the Rails. From Nashville to DelMonaco Winery & Vineyards in Baxter. Vintage style attire for the day. muddyrootsrecords.com
- 21-23 Hillbilly Days in Lafayette - 615-633-7369

JULY

- 1 Lancaster Independence Day - visitsmithcountyttn.com/events
- JULY Red, White & Boom Celebration in Cookeville facebook.com/cookevillefourthofjuly
- 6-7 Annual Smithville Fiddlers Jamboree and Crafts Festival in Smithville - smithvillejamboree.com
- 20 & 27 Depot Summer Cinema in Cookeville - 931-528-8570
- 21 Wine on the Rails. From Nashville to DelMonaco Winery & Vineyards in Baxter. Vintage style attire for the day. muddyrootsrecords.com
- 28 Upper Cumberland Cajun Day at Highland Manor in Jamestown - highlandmanorwinery.com

Calendar of Events in the UC



WCTE's Stations of Imagination, September 6 - 7

AUGUST

- 2-4 Clay County Homecoming Days in Celina - dalehollowlake.org
- 5 Highway 127 Yard Sale in Tennessee from Crossville to Jamestown. 127sale.com/
- 11 Wine on the WestSide in Cookeville - wineonthewestside.com
- 11 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter. tcry.org
- 25 Honest Abe Log Homes Open House in Cookeville - **800-280-3651**

SEPTEMBER

- 1 Labor Day Craft Show at the Square in Fairfield Glade fairfieldglade.cc
- 4-6 Fall Market at Northfield Winery in Sparta - northfieldvineyards.com
- 7-8 Fall FunFest in Cookeville- fallfunfest.com
- 7-8 WCTE'S Statons of Imagination at Cookeville Fall FunFest. wcte.org
- 7-9 Mountaineer Folk Festival in Fall Creek Falls State Park - Spencer. fallcreekfalls.org
- 8 Komen Race for the Cure & Race Village in Cookeville. komencentraltennessee.org
- 15 Annual Standing Stone Marbles Festival & National Rolley Hole Championships – Standing Stone Park cellar53winery.com
- 15 The Meuse-Argonne Offensive Living History Program in Pall Mall **931- 879-6456**
- 20-22 Upper Cumberland Quilt Festival in Algood - quilt-festival.com
- 20 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter. tcry.org
- 22 McMinnville Mountain Crawl in McMinnville. **931-473-6611**

SEPTEMBER (con't)

- 22-23 Homesteads Apple Festival in Crossville. cumberlandhomesteads.org
- 29 William Walton Festival in Smithville - visitsmithcountyttn.com
- 29 Fairfield Glade Music Festival at the Square in Fairfield Glade. facebook.com/fgmusicfestival

OCTOBER

- 3-31 Tennessee's Largest Scarecrow Festival in Granville granvilletn.com
- 4-6 Roller Coaster Yard Sale – From Byrdstown to Celina. therollercoasteryardsale.com
- 6 1950's Fall Celebration – Jazz, Quilts & Craftsmen of the past In Granville. granvilletn.com
- 6 Autumn Street Fair in McMinnville. **931-473-6611**
- 6 Allardt Pumpkin Festival - allardtfestival.com
- 13 Annual Harvest Festival at Cellar 53 in Brush Creek. cellar53winery.com
- 13 How'd Dey Do Dat Day at Grandpa's House in Red Boiling Springs grandpas-house.com
- 13 Standing Stone Day in Monterey - montereytn.com
- 13 Annual Standing Stone State Park Car Show at Standing Stone State Park. **931-823-6347**
- 13 Cub Mountain Ride to the Sky in Cookeville - ridetotheskyy.org
- 13 Liberty Square Bluegrass Festival in Sparta - spartatnchamber.com
- 13-14 Dale Hollow Bass Classic at Star Point Resort in Byrdstown **931-864-7195**
- 14 Historic Hayride at Edgar Evins State Park - **615-765-535**



Annual Standing Stone Marbles Festival & National Rolley Hole Championships – Standing Stone Park - September 15



WCTE's Blues & Brews Craft Beer Festival, Cookeville, October 20

OCTOBER (con't)

- 20 WCTE's Blues and Brews Craft Beer Festival + Haunted Half Marathon in Cookeville - wcte.org/events
- 20 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter. tcry.org
- 25 Cookin' on the Square in Cookeville - cookingonthesquare.com/
- 26-28 Off the Beaten Path Studio Tour in DeKalb and Cannon Counties offthebeatenpathtour.com
- 27 Annual Fall-O-Ween in Livingston - overtonco.com
- 27 Baxter Harvest Festival + Fall Foliage Train Excursion Facebook.com/baxterharvestfestival

NOVEMBER

- 2-3 Mistletoe Market in Cookeville. leslietowncentre.com/mistletoe-market
- 3 Art & Ale Trail in Sparta - spartatnchamber.com
- 3 Art N Ale Trail at Northfield Winery in Sparta. northfieldvineyards.com
- 8-9 Art Prowl in Cookeville - arroundtennessee.org
- 9-11 Veterans Day Event at Alvin C. York State Historic Park in Pall Mall 931- 879-6456
- Nov 10- Dec 29 1950's Christmas – Rocking around the Christmas tree in Granville. granvilletn.com
- 15-18 Warren County Arts & Crafts Fair in McMinnville - 931-473-6611
- 18 Holiday Festival at the Appalachian Center for Craft in Smithville. 931-372-3051
- Nov 20- Dec 1 TSSAA BlueCross Bowl in Cookeville - cookevillechampions.com/

NOVEMBER (con't)

- 23-24 Holiday Craft Show at the Fairfield Glade Community & Conference Center. fairfieldglade.cc
- 25 Hometown Christmas in Carthage - visitsmithcountyttn.com/events
- Nov 30- Dec 1 Christmas on the Mountain in Fall Creek Falls State Park - Spencer. 423-881-3297
- Nov 30- Dec 7 Christmas in the Country in Livingston - overtonco.com

DECEMBER

Weekends

- Light Fest at Retreat at the Retreat at Center Hill Lake timothyhill.org/ OR the-retreat-at-center-hill-lake
- 1 Lighting of the Tower Christmas Celebration at Edgar Evins State Park. 931-858-2114
- 2 Christmas in the Park Tree-lighting Ceremony in Cookeville. 931-520-4386
- 7 Christmas in the Country in Livingston - overtonco.com
- 8 1950's Country Christmas & Parade in Granville - granvilletn.com
- 8 Honest Abe Log Homes Open House in Crossville. 800-886-4864



Upper Cumberland Quilt Festival in Algood September 20 - 22

Family Vacation Destination

DALE HOLLOW LAKE

by H. L. Harder



One of the cleanest lakes in the United States, Dale Hollow Lake is a family vacation destination that borders the Tennessee - Kentucky state line. Surrounded by forest, the clear waters cover an area of 61 miles with over 600 miles of shoreline. Created by the Dale Hollow Dam, the majority of the lake lies in northern Tennessee with two arms reaching up to embrace Kentucky. Abounding with fish and wildlife, the lake offers you and your family an abundance of activities that will keep you coming back year after year.



David L. Hayes with his record smallmouth bass in 1955.

FISHING - The unique characteristics and careful management of Dale Hollow Lake have produced ideal habitat for a variety of species, predominantly Smallmouth and Largemouth Bass, Walleye, Rainbow Trout, Lake Trout and Bluegill. The largest smallmouth bass ever recorded was landed at Dale Hollow Lake in 1955 by David L. Hayes. The monster bass weighed 11 pounds, 15 ounces. In 1986, Paul Beal caught a 10 pound, 14 ounce smallmouth bass in a Hendricks Creek, a tributary to Dale Hollow Lake.



SWIMMING - Standing in the sunshine on the beach, cool water dripping from your hair and swimsuit, you gaze out over the crystal clear waters of Dale Hollow Lake and smile. Is there a better way to shed your responsibilities and just play? While you can swim anywhere on Dale Hollow Lake, there are designated beaches at Obey River Day Use, Lillydale Campground and Willow Grove Campground that are off limits to boaters where you and the kids can play and relax without a care in the world.

BOATING - Captain your own rented houseboat and cruise the waters of Dale Hollow Lake in one of the top houseboating destinations in the U.S. The lake has a number of marinas where you can rent a boat or a houseboat, or where you can launch your own craft.

KAYAKING - There is no more rewarding way to explore the miles of undeveloped shoreline and rustic beauty of Dale Hollow Lake than floating along with the sun warming your skin and a paddle in your hands. Once again, you can bring your own trusty kayak or easily rent one.

WATER SKIING, WAKEBOARDING, TUBING - The hills shelter the water from wind under most weather conditions creating very calm water surface perfect for water skiing, wakeboarding or tubing.

SCUBA DIVING - Unusually clear waters make Dale Hollow Lake one of the premier freshwater scuba diving destinations in the United States. There are even underwater ruins to explore.



photocredit Rachel Hunt



photocredit Laura Cannon Valparaiso



photocredit Nicole Dugan Fultz

2018 Dale Hollow Calendar

JAN 20 Eagle Watch*, Lillydale & Dale Hollow State Resort Park. *Reservations required.*

JAN 27 Eagle Watch*, Lillydale & Dale Hollow State Resort Park. *Reservations required.*

APRIL 6 Dale Hollow Dam Campground Opens/ Donaldson Park . Shelter reservations begin.

APRIL 13 Obey River Campground opens.

MAY 4 Lillydale Campground opens.

MAY 6 Pleasant Grove Shelter reservations begin.

MAY 18 Willow Grove Campground opens.

JUNE 9 8am - 12pm. Kids ages 15 and under Fishing Rodeo, Dale Hollow Fish Hatchery. Hosted by the Dale Hollow National Fish Hatchery, in partnership with the Friends of the Hatchery, TWRA and Corps of Engineers.

JUL 12 8am - 3pm. Wilderness Day Camp. Hosted by the Dale Hollow National Fish Hatchery, in partnership with the Friends of the Hatchery, TWRA and Corps of Engineers.

SEPT 4 Willow Grove Campground closes.

SEPT 17 Lillydale Campground closes.

SEPT 18 Last Day to Reserve Pleasant Grove Shelter.

SEPT 29 Public Lands Day Event/Shoreline Cleanup.

OCT 19 75th Anniversary Commemoration.

OCT 28 Last day to reserve Donaldson Park Shelters.

NOV 5 Dale Hollow Dam and Obey River Campgrounds close.

NOV 15 Accept Year 2019 Eagle Watch reservations.

Dates are subject to change.

For information on Special Events at Dale Hollow Lake, contact:

Resource Manager's Office,
540 Dale Hollow Dam Road,
Celina, Tennessee 38551,
(931) 243-3136

or
Irn.usace.army.mil/Locations/Lakes/Dale-Hollow-Lake/

CAMPING - There are a bounty of campground choices around Dale Hollow Lake, from primitive camping in 32 locations to RV Parks where your comfort needs are met. You can obtain a camping permit at recreation.gov.

HIKING & BIKING - Miles of scenic hiking and biking trails of all levels await you around the lake and in nearby state parks. Pickett State Park alone has 58 miles of trails among forests, cliffs, gorges and unusual rock formations.

FISH HATCHERY - Located just beneath the Dam, the Dale Hollow National Fish Hatchery is operated by the U.S. Fish and Wildlife Service. They were established in 1966 to provide rainbow, brown, and lake trout to supplement populations lost in the construction of federal water projects in the South. Self guided tours are from 7:30am to 3:30pm daily.

EAGLE WATCH - Dale Hollow is fortunate to host one of the highest wintering populations of Bald Eagles in the South. Eagles appear around Dale Hollow Lake as the surface of rivers and lakes freeze in northern regions such as the Great Lake states and Canada. The relatively ice-free waters of Dale Hollow provide Bald Eagles the opportunity to search for fish, their primary food source. There are eagle-watching excursions each January.

HISTORY - The Dale Hollow/Upper Cumberland region is rich with history. From Civil War battles to legendary figures like WWI Medal of Honor recipient Sergeant Alvin C. York, you can satisfy that historic sweet tooth of yours to your heart's content.



The foundation of the Willow Grove School

Willow Grove

THE STORY OF DALE HOLLOW DAM

by H. L. Harder

Under the waves of Dale Hollow Lake rests the remains of the town of Willow Grove. Settled by five families in the late 1700s, Willow Grove was one of the first white settlements in the Upper Cumberland. Nestled on the banks of the Obey River, the town was home to about 74 families. You can still see the foundation of the Willow Grove School beneath the clear waters.



gathered together for one last community picnic and to say good-bye to their town.

In 1943, the dam was completed. Hydroelectric power generating units were added in 1948, 1949 and 1953. According to the U.S. Army Corps of Engineers, the power produced can supply the needs of a city of 45,000 people.

In the late 1930s, the building of a dam was authorized to address flood control issues at locations along the Cumberland, lower Ohio and Mississippi Rivers, create hydroelectric power for the area, and develop the water resources of the Cumberland River Basin.

The dam would mean Willow Grove would soon find itself at the bottom of a lake. The U.S. Army Corps of Engineers approached the residents of the town, bought their property and instructed them to move. Graves were dug up and relocated to St. John's cemetery outside of the flood zone. On July of 1942, the people of Willow Grove

Dale Hollow Dam is named after a farm located at the site of the dam. In ante-bellum times, it had been a plantation. Originally built in 1808 by William Dale, the Dale family and descendants lived there until the dam construction was started in 1942. According to family legend, William Dale fought in the battle of New Orleans in 1812 under Andrew Jackson. William drowned in the Mississippi River after his flat boat overturned.

The Dale Hollow Dam, located approximately three miles east of Celina, is celebrating its 75th Anniversary in 2018 and is offering free tours of the Powerhouse.

Thank you to Sondra Carmen F CIV USARMY CELRN (US), for being so generous with her time, photos and information.



2018 Dale Hollow DAM Powerhouse Tours

MAY 3 Powerhouse Tours-75th Anniversary Celebration/
Students, Only 8th grade and above.

MAY 17 Powerhouse Tours-75th Anniversary Celebration/
Students. Only 8th grade and above.

JUNE 16 Powerhouse Tours-75th Anniversary Celebration.

JUNE 30 30th Powerhouse Tours-75th Anniversary Celebration.

SEPT 15 Powerhouse Tours-75th Anniversary Celebration.

SEPT 29 Powerhouse Tours-75th Anniversary Celebration.
Public Lands Day Event/Shoreline Cleanup.

OCT 20 Powerhouse Tours-75th Anniversary Celebration.

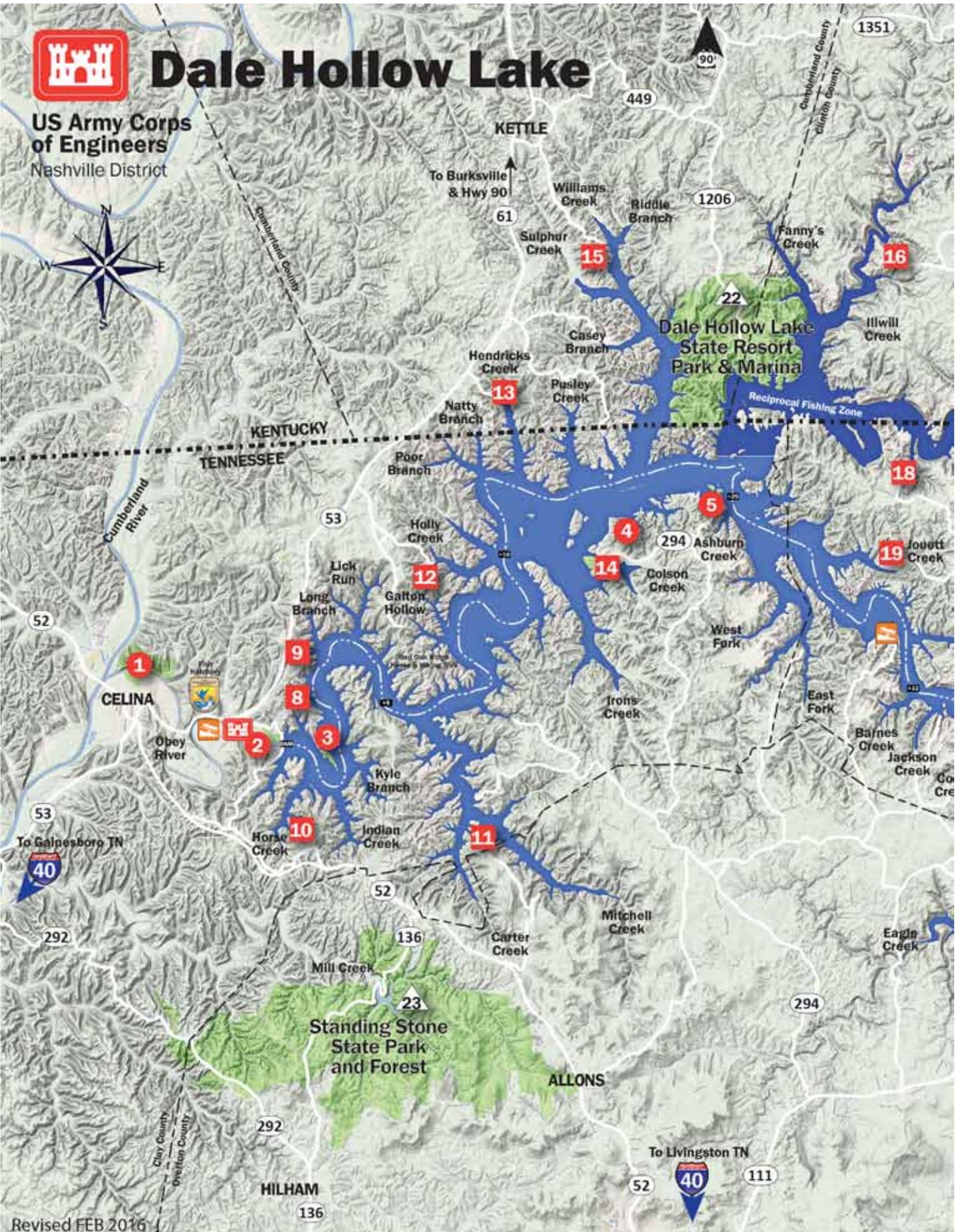
Dates are subject to change. For information on Special Events at Dale Hollow Lake, contact: Resource Manager's Office, 540 Dale Hollow Dam Road, Celina, Tennessee 38551, (931) 243-3136 or lrn.usace.army.mil/Locations/Lakes/Dale-Hollow-Lake/. Registration for Powerhouse Tours will be posted on our website under the Open House Tours tab. Background check required.



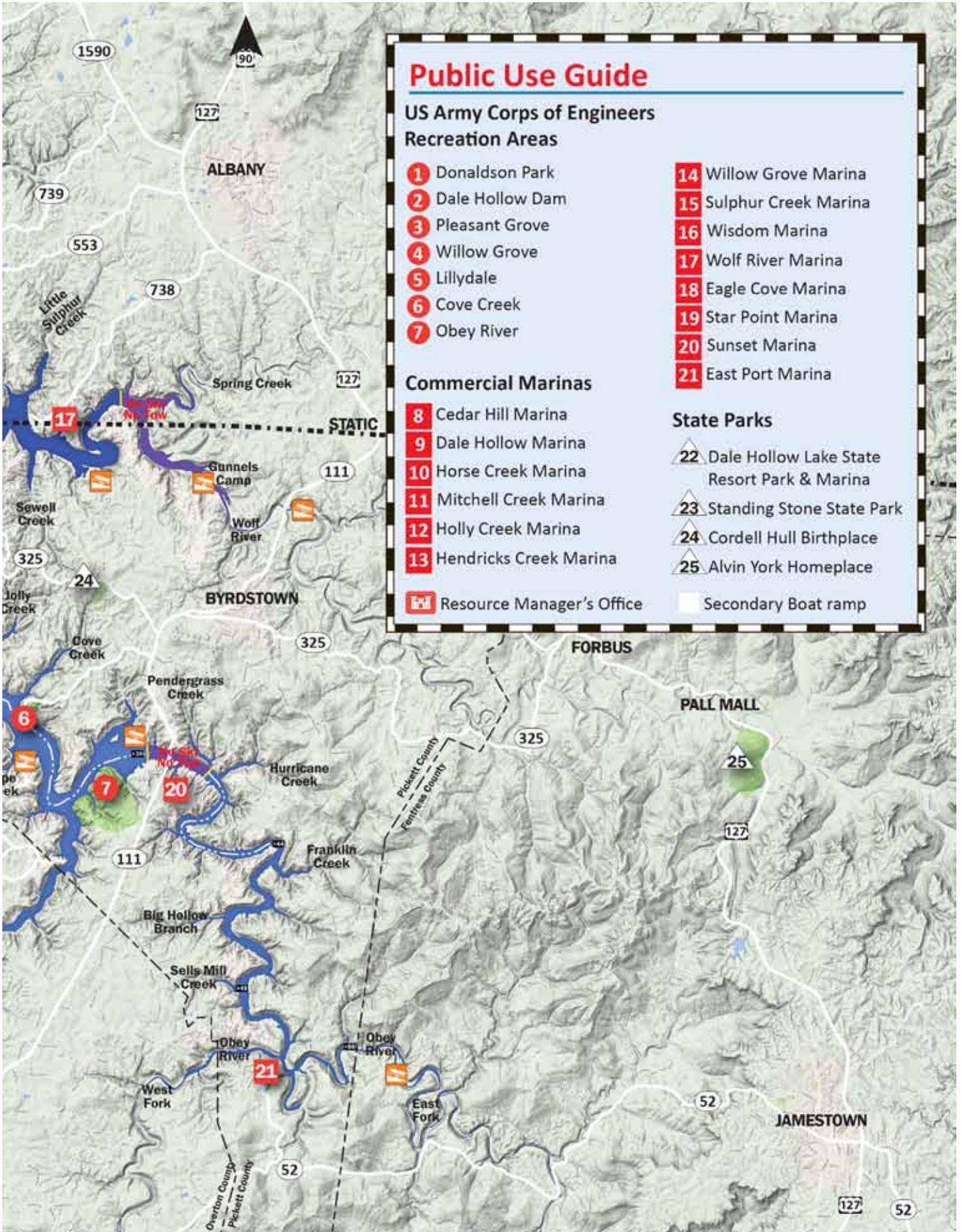


Dale Hollow Lake

US Army Corps of Engineers
Nashville District



Revised FEB 2016



Public Use Guide

US Army Corps of Engineers Recreation Areas

- 1 Donaldson Park
- 2 Dale Hollow Dam
- 3 Pleasant Grove
- 4 Willow Grove
- 5 Lillydale
- 6 Cove Creek
- 7 Obey River

- 14 Willow Grove Marina
- 15 Sulphur Creek Marina
- 16 Wisdom Marina
- 17 Wolf River Marina
- 18 Eagle Cove Marina
- 19 Star Point Marina
- 20 Sunset Marina
- 21 East Port Marina

Commercial Marinas

- 8 Cedar Hill Marina
- 9 Dale Hollow Marina
- 10 Horse Creek Marina
- 11 Mitchell Creek Marina
- 12 Holly Creek Marina
- 13 Hendricks Creek Marina

State Parks

- 22 Dale Hollow Lake State Resort Park & Marina
- 23 Standing Stone State Park
- 24 Cordell Hull Birthplace
- 25 Alvin York Homeplace

Resource Manager's Office

Secondary Boat ramp

Explore

Dale Hollow Lake

Dale Hollow Lake invites you to explore the possibilities lake life has to offer. Enjoy your favorite lake activities from water sports, swimming, fishing, boating, camping, or just relaxing.



Pick up a 2018 Dale Hollow Lake Explorer Magazine at participating marinas listed below.



Cabins



Houseboating



Camping

Dale Hollow Lake Marina Association - www.DaleHollowLakeOnline.com

Dale Hollow Marina
www.dalehollowmarina.com
 931.243.2211

Dale Hollow State Park Marina
www.dhstatemarina.com
 270.433.6600

East Port Marina & Resort
www.eastport.info
 931.879.7511

Hendricks Creek Resort
www.hendrickscreekresort.com
 888.321.4000

Horse Creek Resort
www.horsecreek-resort.com
 800.545.2595

Mitchell Creek Marina
www.mitchellcreekmarina.com
 866.533.1842

Star Point Resort
www.starpointresort.com
 866.STAR.PNT

Sulphur Creek Resort
www.sulphurcreek.com/dhg
 270.433.7272

Sunset Marina & Resort
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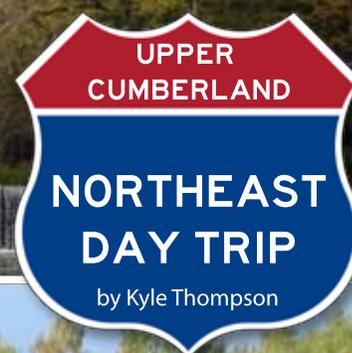
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Greet the day with an early start and a hot breakfast at the [Cup and Saucer in Monterey](#). This downtown eatery doesn't look like it has changed much over the years, but it is easily the best breakfast spot in town, with all of your favorite Southern comforts. When you are finished sipping your coffee, walk or drive over to the [Monterey Depot](#) to be submerged in the rich heritage of this small community. This impressive museum thoroughly documents the area's history with relics from Native American settlements to the Civil War era and beyond. Visit with hosts Dale and Julie to fully appreciate the museum and hear some interesting stories behind the artifacts. There is also a small area for kids to play and have some hands-on learning. Before you leave Monterey, be sure to stop by the town's famous **Standing Stone monument** outside the library. This monolith is all that remains from the original Native American monument.

Make a stop in [Clarkrange](#), a short drive from Monterey, at the [Cumberland Mountain General Store](#) for a step back in time and some homemade fudge. This unique spot has plenty of treasures both vintage and new to peruse. Continue on to Rugby for your next historic stop.

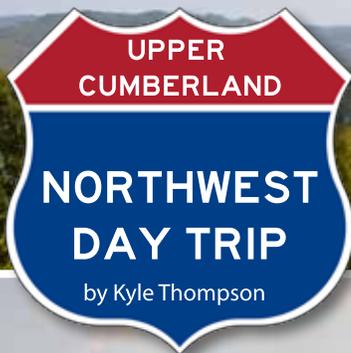
[Rugby](#) may be one of the most unique visits in Middle Tennessee. This charming Victorian community was established in 1880 as a utopian town in the mountains of Tennessee. Start your visit at the visitor's center, where you won't want to miss out on the short film documenting the town's history. Walking tours are also offered regularly on a set schedule. Grab lunch at the Harrow Road Café and enjoy selections from British cuisine or Southern fare. Whether you have time for the tour or not, be sure to take a peek in the Thomas Hughes Library, which has remained unchanged since opening its doors in 1882 and admire the unique

Carpenter Gothic architecture of Christ Church Episcopal. Stop in the Rugby Commissary for a wide selection of hand-crafted gifts from local artisans as well as mementos to commemorate your visit.

Cross over the Clear Fork River and back into Central Standard Time as you make your way on some back roads through Jamestown on your way to [Sergeant Alvin C. York State Historic Park](#). This National Historic Landmark pays tribute to one of the most decorated soldiers of World War I. The park includes a visitor center modeled after York's general store, his two-story house, a gristmill, the York Bible School, and various picnic facilities. Visitors can also explore a reproduction of a World War I trench, which lies behind the York home, depicting trench warfare that American soldiers would have encountered in the Great War. Just across the Wolf River from the Visitor Center is the red two-story gristmill known to park visitors as the York Mill. Constructed in 1880, this water powered gristmill was used for grinding corn to make cornmeal and served the region for several generations. Sgt. York purchased the gristmill in the early 1940s and operated it until the early 1950s. The gristmill is open for self-guided tours between the hours of 8:00 AM and 4:30 PM daily.

Not far up the road near Byrdstown, in Pickett County, you can visit the [Cordell Hull Birthplace and Museum](#). The site includes a representation of Hull's log cabin birthplace and period gardens, the Cordell Hull Museum, which displays a variety of photographs and artifacts, and an activities center. Hull served as the Secretary of State under President Roosevelt and was instrumental in the formation of the United Nations charter. Hull is one of two Upper Cumberland residents who received a Nobel Peace Prize. The other recipient is former U.S. Vice President Al Gore Jr.

photocredit Elizabeth Thompson



UPPER
CUMBERLAND

**NORTHWEST
DAY TRIP**

by Kyle Thompson

photocredit Elizabeth Thompson

Start your adventure with a hearty breakfast at the Rose Garden Café. Located just off I-40, this local restaurant is full of southern charm with a variety of Tennessee classics on their menu.

Begin your drive by going west toward Edgar Evins State Park. This drive will take you past the community of Silver Point and its historical churches before passing the entrance to Edgar Evins State Park and arriving at the Center Hill Dam. Built in 1948, this dam is at the end of the 64-mile long Center Hill Lake which can be viewed on your left as you cross the impressive structure. The dam is best viewed from down below at the Long Branch Camp Ground.

Continue on as the road follows the Caney Fork River into Smith County and passes through the community of Lancaster before arriving in Gordonsville. This beautiful drive gives you an authentic taste of Tennessee's Upper Cumberland region, with its steep valleys and sharp ridgelines.

The picturesque town of Carthage was founded in 1804 and is home to multiple historical markers. For a drive through the historic downtown, enter across the Cumberland River on the Cordell Hull Bridge. Enjoy the local shops, unique courthouse, and a chance to stretch your legs.

Continuing north on Main Street will lead you past the Cordell Hull Dam and on to a scenic overlook that is worth the stop. As a side note, both the dam and the scenic overlook have public bathrooms. After your stop, drive north to Red Boiling Springs through picturesque farmlands.

Red Boiling Springs is home to natural sulphur springs that drew crowds from miles away years ago. It is hard to imagine this quiet town as the "Gatlinburg of its day," but remnants of its historical past remain. The Donoho Hotel is

one of three grand hotels still in operation. Call ahead to reserve your spot for a full family-style southern lunch served up with unbeatable hospitality. A drive through town can include crossing a covered bridge and pumping water at one of the springs that brought this town its name.

Leave Red Boiling Springs and head southeast to Gainesboro. This scenic drive crosses the Cumberland River again before entering the town of Gainesboro. A drive around the historic courthouse gives you a glimpse of some of the local treasures that this town has to offer. The Bull & Thistle is a great spot for an unforgettable lunch or dinner. Vic's Remember When Bakery offers extraordinary treats as well as freshly prepared daily specials. The pharmacy boasts homemade fudge and holds a collection of adorable home goods. There is also a thrift store and hardware store to complete the collection. Consider making the 20-minute drive back to Gainesboro for dinner to finish the day after your visit to Granville, if you don't already have plans.

The last stop is the charming historic town of Granville. After you cross the bridge, take a left to explore the main sights of the town. This lakeside treasure takes you back in time with its authentic general store and other historical charms. If you're up for a walk, start at the Granville Museum in the old church. Take a "Walk down Memory Lane" at the adjacent outdoor exhibit and grab a printed guide for the town's self-guided walking tour from the box just outside the museum. On Wednesday through Saturday the town comes to life with several shops and historical spots to visit. The T.B. Sutton General Store is a must, and on Saturday nights stick around for an authentic Southern family-style dinner while you experience the live radio broadcast of bluegrass on the Sutton Ole Time Music Hour.

Head back to Gainesboro or continue on south through Chestnut Mound to finish the day's adventure.



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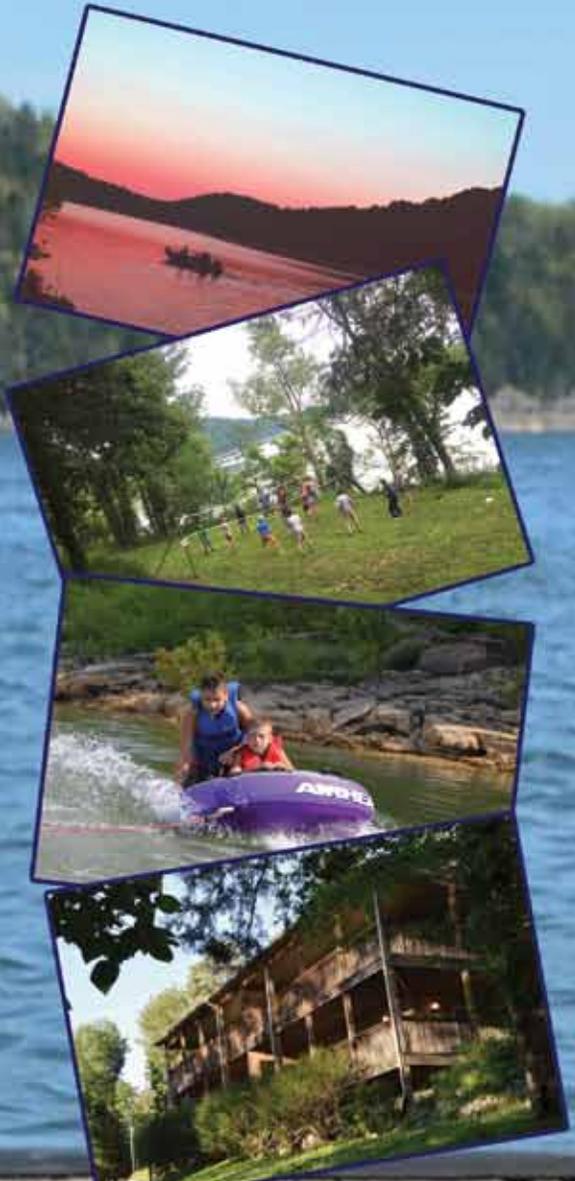
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UPPER CUMBERLAND
CENTRAL DAY TRIP
by Kyle Thompson

Just North of Monterey, in the small community of Muddy Pond, is where today's adventure begins. This farming community is home to a variety of Mennonite families who have called the Upper Cumberland their home for generations. Get a taste of the local fare for breakfast at The Country Porch. The fresh made bread that is baked daily lures you back to the food counter where an array of sweet and savory options lies before you. The staff makes it easy to order your favorite breakfast treat. While waiting for your order, take the time to peruse the gift area. From local handmade crafts to unique collectibles and delicious baking goods, you are certain to find something you will want to take home.

A little further down the road is the staple of the community. The Muddy Pond General Store is home to a plethora of dry goods, jams and jellies, a wide collection of stainless steel cookware, handcrafted rocking chairs, tables, and beautiful quilts. Their selection of chocolates would make Willy Wonka nervous about his competition. Needless to say, it's difficult to walk out without making a purchase.

Next door to the General Store are two leather shops that have a wide variety of handcrafted leather goods. That crisp smell of leather greets you as you cross the threshold. Take some time to watch the artisan at work as both shops have their work areas open for viewing.

Before leaving Muddy Pond make sure to purchase some local sorghum grown and processed at the local mill. If you visit in the fall, you can visit the mill and experience the process of refining the sorghum into the delicious goodness it is. Southern Living magazine recognized this local product as some of the best in the South.

Leave Muddy Pond and head to the county seat of Putnam County, Cookeville. Home to Tennessee Tech University, Cookeville is the largest town in the Upper Cumberland and has a charming downtown. Nestled between major thoroughfares, the downtown is lined with local shops, eateries, and historical buildings. Two of the most popular places to visit for a treat are Ralph's Donut Shop and Cream City Ice Cream. Before you walk in the door of Ralph's, the smell of sweet doughnuts greets you. Serving the community since 1962, Ralph's is a great place where regulars are greeted by name and first time guests are always welcome. If ice cream is calling your name, Cream City is your spot. Serving a variety of homemade ice cream since 1950, this local sweet spot promises to not disap-

point. Whether it's a doughnut or ice cream cone in hand, stroll over to the Cookeville Train Depot, where you can not only visit the old depot and learn more about the vibrant train history but also climb aboard the parked train cars and pose for some unique shots.

Cookeville has no shortage of food options. From chain eateries to local mom and pop dives to a variety of ethnic and international inspired foods, Cookeville's food choices are guaranteed to satisfy your cravings at any time of day. Head south towards Sparta by way of Burgess Falls State Park. If time allows, this easily accessed state park has some spectacular views of three waterfalls that vary in size. It is one of most visited state parks in the Upper Cumberland, and if you are able to stop, you will know why. A quick stop at MMKM roadside market would also be recommended for some fantastic seasonal produce.

Before turning on to Hwy 70, don't miss the opportunity to drive by the Eli Simms home. It is believed to be the first brick house built in White County. With the grand trees that shade the old house, it's easy to imagine what this area looked like when cotton was king.

Sparta sits on the Tennessee's First Road and is the county seat of White County. There are several antique stores to visit and a variety of local businesses around the court house square. One store's name should catch your attention. The Fragrant Mushroom offers some the most unique ceramics you will find in the Upper Cumberland. Miss Marenda's Tea room and Antiques combines a small tea room that serves some warm options for lunch and an antique mall full of collectibles for all ages. You may want to stop in for an afternoon coffee at The Coffee Collective right on the square. This rustic space was beautifully remodeled with attention given to all three floors. The warm smell of coffee roasting is appreciated by every guest as they can not only smell the coffee brewing but also experience the coffee being roasted right in front of them.

Finish your day with a short drive to Sunset Rock just east of town. Along your drive, make a stop at the Rock House. Built in the 1830's, this landmark served as a rest stop for travelers along the Wilderness Trail including multiple former U.S. presidents. Just before you reach the scenic overlook of Sunset Rock, take note of Wildcat Falls, which can be viewed from the road. The scenic overlook is a great place to end your day's adventure as you watch the sun set over the Upper Cumberland.

photocredit Elizabeth Thompson



UPPER
CUMBERLAND

**SOUTHEAST
DAY TRIP**

by Kyle Thompson

photocredit Elizabeth Thompson

Begin your trip today with a drive south on Hwy 111 towards Spencer in Van Buren county. This small county sits on the southern edge of the Upper Cumberland. Travel east on the winding Hwy 30 and you will have the opportunity to skirt by the landmark that Van Buren County boasts, Fall Creek Falls State Park.

Tennessee State Parks describes Fall Creek Falls State Park as “Tennessee’s largest and most visited state park. The park encompasses more than 26,000 acres sprawled across the eastern top of the rugged Cumberland Plateau. Laced with cascades, gorges, waterfalls, streams and lush stands of virgin hardwood timber, the park beckons those who enjoy nature at her finest. Fall Creek Falls, at 256 feet, is one of the highest waterfalls in the eastern United States. Other waterfalls within the park include Piney Falls, Cane Creek Falls and Cane Creek Cascades.”

A turn north on Hwy 101 leads you through Bledsoe County and into Cumberland County. This bucolic drive traverses rugged farm land and generational homes. A turn on Hwy 419 will take you through an area of the county that has homes built in the fashion of those constructed during the Cumberland Homestead Project initiated by President Franklin D. Roosevelt. Construction used local stone for the exterior walls, creating a distinctive look as you pass by both modern homes and these homes built as the showcase for Roosevelt’s New Deal. One original home is still accessible to visit for touring as well as the Homesteads Tower and museum. From atop the tower you can see miles of the Upper Cumberland landscape and most of the original plots created for the homestead project. This is a must-see as you visit the Upper Cumberland.

Before you reach the Homestead Tower, make a stop at Cumberland Mountain State Park and enjoy a stroll around Byrd Lake. This park was constructed as the recreational

area for some 250 families that were part of the Cumberland Homestead Project in 1938. The picturesque man-made lake rests near the Homestead Harvest Restaurant; plan to eat lunch at this local delight. Choose from the daily buffet or a wide-ranging menu and taste the delicacies while overlooking the the park through its floor to ceiling windows.

Bear Trace at Cumberland Mountain golf trail is also located here. Golf Week magazine named the Bear Trace at Cumberland Mountain State Park the number one Golf Course in Tennessee. This sought-after golf course, designed by Jack Nicklaus, capitalizes on the natural landscaping features that surround the park. Golfers are challenged with brooks and trees and the elevated landscape on this par 72 course design.

A trip to Cumberland County would not be complete without a visit to Crossville. With its engaging downtown lined with older historical buildings that incorporate modern businesses, the downtown arena sits juxtaposed with the old and new. Take some time to stroll the streets and visit the boutiques, antique stores, the historical train depot, and the Military Memorial Museum, which boasts a wide variety of artifacts from the Civil War to present-day military efforts. Enjoy an afternoon coffee experience at the Grinder House Coffee. The warm atmosphere invites locals and visitors alike to sit for a spell and sip on a mug of handcrafted delight while reminiscing over old times and planning for new adventures.

A great way to wrap up your day trip is by joining the crowd at the Cumberland County Playhouse for a live stage production. This hidden theatre draws visitors from all over Tennessee and neighboring states to attend the wide variety of performances each year. A quick view of their website will give you a list of the current production and the future shows. It’s a winner for the entire family!

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UPPER
CUMBERLAND

SOUTHWEST DAY TRIP

by Kyle Thompson

Today's adventure starts with breakfast at Smithville Donuts; located on Hwy 70 in Smithville. Ranked "Best of the Best" in DeKalb County for breakfast and donuts, this local eatery offers fantastic donuts, and ham and cheese croissants with the ham and cheese baked into the bread.

After breakfast, continue to the heart of Smithville, where a quick drive around the old courthouse square and Main Street takes you back in time. On Thursday through Sunday, stop in Treasures on Main for some unique local treasures and treats.

The scenic drive west on Hwy 70 leads you down the hill to the community of Liberty, where you catch Hwy 53 heading South to Woodbury.

Traverse the countryside through generations of family farms nestled beside Connell Creek. Weathered barns and farm houses pepper the road as they still are home to the horses, cattle, sheep, and other types of livestock that roam the peaks and valleys of Cannon County. Top the last peak and find yourself surrounded with robust houses and manicured lawns that welcome guests into Woodbury. This bustling farming community is the county seat and home to an endless collection of antiques. Choose from numerous eateries around the square or grab a bite at the Antique Mall in the old Feed Store on Water St. just off the square. Another great option is the Readyville Mill located just a short drive out of town off of the Old Murfreesboro Road. This gem has been grinding local grains for their restaurant and gift store in the same mill built over 200 years ago. It's important to note that the restaurant is only open for breakfast and lunch Friday-Sunday and reservations are encouraged.

On your way back through Woodbury, following 70S to McMinnville, stop by the Higgins Flea Market if you are in the area on a Saturday. Locals and tourists alike share in the exchange of good deals and local finds in this outdoor market.

As you cross over into Warren County, plant nurseries begin to emerge on either side of the road as McMinnville is known as "The Nursery Capital of the World." Following Hwy 380 into historic downtown, you will have the opportunity to pass by the revitalized "Black House." This Federalist-style home is the oldest remaining house in McMinnville and is open to the public for tours.

McMinnville's downtown is a true gem and a must see. The beautiful water fountain is the centerpiece of the square and the local shops and courthouse have a front row seat. Enjoy a frozen yogurt from TOPZ or a coffee from the Metro Deli. Walk around to peruse the great collection of boutiques and unique stores this town has to offer.

On your way out of town, driving to Rock Island, notice the large oak tree across from the hospital. Known as the "birthing tree," its large branches that kiss the ground have been part of this town's history for the past 150 years.

The community of Rock Island and Rock Island State Park are both located on the headwaters of Center Hill Lake at the confluence of the Caney Fork, Collins and Rocky Rivers. The jagged beauty of the park includes the Caney Fork Gorge, the Great Falls Dam, and Twin Falls. Views from the parking area are only surpassed by the ones from the hikes in the park. If time allows, take a stroll through this Tennessee landmark.

To end today's adventure, grab a bite to eat the Foglight Foodhouse. This secluded restaurant is located on the banks of the Caney Fork River with some spectacular views to observe while you enjoy your dinner. Their menu offers a unique twist to local favorites as well as Cajun-inspired creations that are promised to never disappoint. The rustic atmosphere and a slower pace of service all combine to remind you that good food is always worth the wait.

photocredit Elizabeth Thompson

Exploring UPPER CUMBERLAND CUISINE

by Diana Mandli

Food paths through the Upper Cumberland are as diverse and enticing as the land itself. From its Irish and Scottish influences, to its Appalachian heritage, to the ongoing evolution of Southern cuisine, our restaurants, resorts, and bed & breakfasts offer an array of tasting opportunities. The UC offers something for everyone.

Join us as we take the backroads to discover just a few of the delicious destinations awaiting those in search of Cumberland cuisine.

A Step Back in Time Rock-A-Billy Soda Fountain and Grill

Take a step back in time as you cross the checkered threshold of this authentic 1950s diner located inside the Cumberland Mountain General Store. The store itself dates back to 1923 and was expanded in the early 90s by the installation of a complete 1947 soda fountain. Today, owner Todd Evans and his son maintain the Rock-a-Billy's long tradition of serving delicious, simple food from the 50s, made with the highest quality ingredients.

As word has spread, the diner has become a real destination, visited by travelers from all over the world. Its burgers alone are worth the trip! The mouth-watering Rock-A-Billy Basket features a 1/3-lb steak burger with both fries and onion rings. The fried bologna sandwich is a local staple. And then there is the ice cream – rich, creamy, hand-scooped, and hand-made. The diner serves up extra-thick, extra-tall shakes and malts, and their banana splits are world famous. So grab a stool at the counter, kick back to Elvis on the jukebox, place your order, and loosen your belt. As has happened to so many before you, the Rock-A-Billy Soda Fountain and Grill is about to become your new favorite place.

Rock-A-Billy Soda Fountain and Grill
2807 S. York Highway, Clarkrange, TN
(931) 863-3880 /cumberlandmountaingeneralstore.net

New Orleans-Style Hospitality Crawdaddy's West Side Grill

Welcome to Crawdaddy's West Side Grill, a little piece of New Orleans in the Upper Cumberland. Dining on the balcony of this 100-year-old building or in its charming brick courtyard, you might believe you've wandered into the French Quarter. But in fact, you're in the heart of the university town of Cookeville, about to face a difficult challenge: choosing from a wonderful and extensive menu.

While Crawdaddy's offers some delicious Cajun-inspired selections, there is so much more. From their Carpet Bagger filet, an 8-ounce, center-cut tenderloin topped with lump crab cream sauce, to their pesto goat cheese dip (truly addicting), to their frenched pork chop (rightly described as "out of this world"), their diverse menu offers something for everyone. "We get so many compliments on our pork chop," says Drew Blalock, who owns Crawdaddy's with business partner Blue Hensley. "Other customer favorites are our citrus-glazed salmon with an orange-ginger sauce, and our California sea bass with lemon basil cream sauce on rice." And save room for dessert, including their best-selling crème brûlée and bread pudding, done in true New Orleans fashion. All this delicious food is served in a charming atmosphere made complete by warm and friendly service. "Our philosophy is simple," Blalock says. "Take care of those who work for you and those who come through your door." That sums up the Crawdaddy's experience: Big Easy hospitality at its finest.

Crawdaddy's West Side Grill
53 W. Broad Street, Cookeville, TN
(931) 526-4660 /crawdaddyscookeville.com

Great American Pub Grub Father Tom's Pub, Cookeville, TN

Described as "a classic pub with New Age grub," the heart of the Father Tom's experience is comfort. Tucked away in a quiet side-street on Cookeville's historic West Side, this delightful Pub is a favorite of locals, serving delicious American fare in a cozy space. The tables are comfortable, and there are plenty of seats at the beautiful hardwood bar. And speaking of that bar, Father Tom's knowledgeable and congenial bartenders offer 14 craft beers on tap and many more in the bottle. This lovely little pub easily boasts the best revolving craft brew selection in the area.

The sign of great pub cuisine is a familiar menu with delicious twists that tempt you to slow down, take your time, and sample things. Father Tom's delivers! Just a few examples: classic Irish-style beer cheese soup garnished with red pepper and toasted baguette, half-pound stout burgers served on pretzel rolls with melted Colby jack cheese, a red wine-marinated petit filet with lemon-grilled asparagus atop butternut squash grits, sweet potato fries topped with a spicy honey glaze and crumbled bacon, and scrumptious peach, plum and pear cobbler for dessert. These are just a few of the temptations – the only limits being how much time you can spare, and how much food can you hold. A comforting stop with a welcoming old town atmosphere, Father Tom's is the perfect roosting place after a day of sightseeing or a hard day at work.

Father Tom's Pub
32 N. Cedar Avenue, Cookeville, TN
(931) 854-9484 /fathertomspub.com

Southern Barbecue at Its Best Timberloft Restaurant and Lounge

Since 1996, the Timberloft has been a tradition in the Upper Cumberland... with good reason. Serving 100% American-raised Braveheart Black Angus beef, the restaurant's Prime-grade beef brisket, steaks and smoked Prime rib are legendary. Pull up and breathe in the aroma of the finest cuts smoking over hickory wood. You'll be ready to eat long before you've crossed the parking lot.

Enter the restaurant, and a relaxed, rustic and homey vibe welcomes you. Even in the midst of a bustling dinner service, the Timberloft staff greets customers like old friends. Chef/Owner Kevin Jones and his crew share a passion for great food. Up before the sun, they smoke their signature ribs, pork and brisket on-site, and all side dishes, as well as their famous "cathead" biscuits and tempting desserts, are made from scratch each day. Their smoked cream corn, cinnamon apples, caramel fudge pie and six-layer carrot cake have reputations as beloved as the ribs! This is mouth-watering food cooked with a Southern flair that makes you lick your lips and dig in. The original Gordonsville restaurant, open year-round, is adding an outdoor patio for warm weather dining in 2018. Their lakeside dining at Granville Marina, open during the spring/summer season, showcases their delicious Tex-Mex entrees. In either location, the Timberloft is the perfect spot to enjoy genuine Southern barbecue at its best.

The Timberloft
(615) 683-5070 / timberloftrestaurant.com
Original Location: 470 Gordonsville Highway, Gordonsville, TN
Lakeside Location: 7316 Granville Hwy. Granville, TN



photocredit Bill Luton



photocredit Bill Luton



photocredit Bill Luton

Celtic Roots, Southern Roads **The Bull & Thistle Pub**

Entering the Bull & Thistle Pub has been described as “stepping straight into Dublin.” That was certainly the intent when owners Diana Mandli and Loui Silvestri renovated the 100+ year old historical building. Authentic to its period, with a beautiful, welcoming atmosphere that invokes the traditions of Dublin and London, the Pub has become a destination for visitors all over Tennessee and beyond. In the past five years, its staff has served guests from 48 states!

With original hardwood floors and pressed tin ceilings, a 30-foot solid-oak bar, 20 brews on tap, a full bar and wine list, and live music on weekend nights, the Bull & Thistle offers a true Celtic pub experience. But what brings customers back time and again is the food. The Pub’s motto, “Celtic roots, Southern roads,” is reflected in its menu ranging from Irish and British dishes such as bubble and squeak, bangers and mash, and of course, fish and chips, to delicious Southern fare such as buttermilk fried chicken and house-smoked brisket, to cross-over dishes such as bacon-wrapped Scottish salmon and pork Cordon Bleu. Known for its mouth-watering steaks, the Pub works extensively to source herbs, vegetables and meats from local growers. Chef Ben builds his menu on seasonal and regional flavors with a nod to Celtic culinary tradition and a Southern flair. The result is fresh, innovative and scrumptious food cooked from scratch and to order. The Bull & Thistle Pub is off the beaten path, but well worth the drive. You’ll be greeted by a warm and friendly staff with the need to feed you a great meal. Top it off with a Guinness on draft, and there’s only one thing left to say: Sláinte!

The Bull & Thistle Pub
102 S. Main Street, Gainesboro, TN
(931) 704-2716 /bullandthistle.com

Rustic Elegance and Fine Cuisine **The Inn at Evins Mill**

Nestled among the bluffs and streams of Tennessee’s Cumberland Plateau, Evins Mill is a luxury boutique resort offering full service amenities. But for many guests, dining at the Inn is the highlight of their experience. Specializing in “thoughtful provenance,” Chef Jason Evans’ menus are a harmony of local and international flavors, a feast for the senses with dishes like wild mushroom strudel, molasses-seared wild King Salmon with a ginger peach butter sauce, and crawfish corn pancakes served with creamy buttermilk scallion dressing. Evins Mill partners with many Tennessee-based purveyors, sourcing humanely-raised livestock and organic produce. This fresh local bounty forms the foundation of their cuisine.

Evins Mill caters to all manner of events, including romantic weekends, family reunions, “big chill” weekends, small corporate groups and large wedding parties, offering breakfast, lunch, dinner, a full-service bar, and much more. All meals are prepared on-site and served in absolutely exquisite settings. With poplar floors, hand-hewn log walls, fieldstone fireplaces, and breath-taking views, the facilities are elegant and historic, with rustic touches that exude warmth. The mountain surroundings – perfect for hiking, picnicking and photography – are nothing short of breathtaking. Not able to get away for a weekend or overnight stay? While Evins Mill cannot accommodate unscheduled walk-in diners, day or evening visitors may experience Chef Evan’s cuisine by making reservations in advance. With a little advance planning, dining at this unforgettable scenic destination may be the highlight of your own Tennessee experience.

The Inn at Evin’s Mill
1535 Evins Mill Road, Smithville, TN
(800) 383-2349 /evinsmill.com

A Magical Bed & Breakfast The Salt Box Inn and Stables

Long before opening the Saltbox Inn and Stables, owners Ed and Suzanne Buck noticed that their picturesque property held a special charm. Friends, visitors, even passersby asked to take photos in front of the grand old home, or hold gatherings on the rolling grounds. Over time, the idea of the bed & breakfast naturally evolved, and as the facilities and amenities have expanded, the magic of the Salt Box Inn has grown even stronger.

Since opening in 2013, this enchanting location has become a dream setting for romantic getaways, casual tourists, group vacations, family reunions, weddings, receptions, and all manner of special events. Every aspect of the property exudes an elegance and hospitable warmth that distinctly invokes the old South. The beautiful and historic home features four guest suites, charming landscaped gardens, spacious lawns, and lovely patios, while the Stables, Old Red Barn and Loft offer gracious, unique spaces for celebrations, meetings and events. Visitors to the Upper Cumberland often use the Salt Box Inn as a perfect, centrally-located "home base," as it is within easy driving distance of many state parks and other attractions, including Cumberland Caverns, Dale Hollow Lake and Tennessee Tech University. For large special events and groups, the staff works with a bevy of local chefs and restaurateurs to arrange the best of the area's cuisine. But for smaller groups, the Salt Box offers delectable in-house catering, using fresh ingredients prepared with a genteel Southern touch. For bed & breakfast guests seeking a magical experience, two tips: Call ahead for reservations (a must), and do not miss out on the Saltbox Inn's home-cooked country-style breakfast in the morning.

The Salt Box Inn and Stables
537 Hutcheson Rd, Cookeville, TN
931-510-6787 /saltboxinn.net

Bacara's Family Restaurant

329 Wheeler Lane, Jamestown, TN
(931) 879-7121

Bacara's offers authentic German cooking, including grilled cast iron dishes, seafood, and delightful desserts, in a rustic and charming atmosphere tucked away off a scenic winding road. A wonderful place to dine after an outing in the Big South Fork or Pickett State Park.

Pier 42 Restaurant at Sunset Marina

2040 Sunset Dock Road, Monroe, TN
(931) 864-4874 /pier42restaurant.com

Enjoy spectacular sunset views and the most remarkable dining experience on Dale Hollow Lake. Pier 42 uses an exclusive mountain recipe in its smoker, offering delicious ribs, pulled pork, chicken and more. Great food, exceptional service and a fun environment for the whole family. Open for lunch and dinner, June through September; call or visit the website for seasonal hours.

Blue Water Grille at Hurricane Marina

864 Floating Mill Road, Silver Point, TN
(931) 858-2275 /bluewatergrille-chl.com

This delightful waterfront restaurant and bar offers a charming and perfectly laid back lakeside setting for casual fine dining. Chef/Owner Stephanie Falk prepares delicious food with an emphasis on fresh ingredients, great seafood, and steaks. Open for lunch and dinner, April through September; call or visit the website for seasonal hours.



Join us in the heart of historic downtown Gainesboro for a meal worth remembering! Exploring the Cumberland's unique heritage and Appalachian roots, our fabulous old Pub is an evolving celebration of Celtic and Southern cuisine.

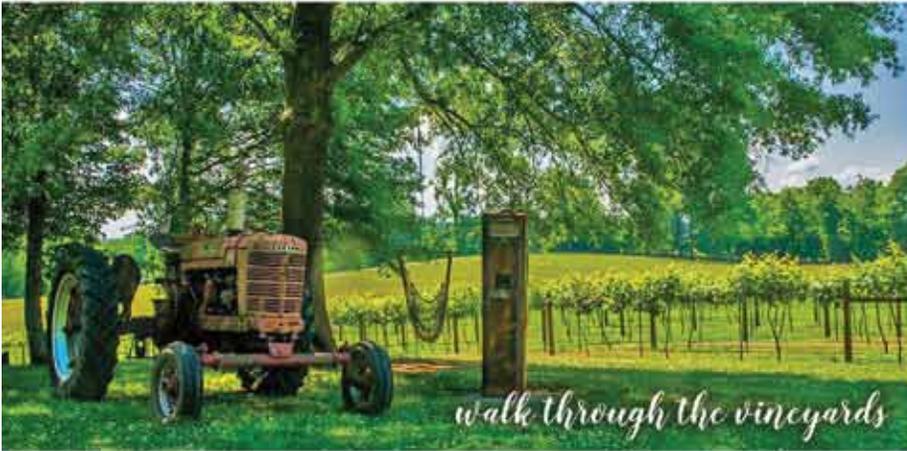
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www.uppercumberlandwinetrail.com

UpperCumberlandWineTrail.com

The Upper Cumberland region is home to some of the oldest wineries in Tennessee. It was here that vineyards were first cultivated in the late 1800 when German settlers brought their wine making traditions to their new home. Upper Cumberland Wine Trail offers eight diverse wineries where you can find a wide selection of wines that will suit your taste from.

Follow the Wine Trail and experience the beautiful Upper Cumberland countryside. Pick up your Trail Passport at the first winery, get a stamp at each one and receive a gift after completion.

Call ahead or check their websites for opening hours.

On Saturday, April 14, the Upper Cumberland wineries invite you to join them at the Upper Cumberland Wine Festival in historic Granville. The festival will allow you to taste and purchase from each winery.

Chestnut Hill Winery - 78 Chestnut Hill Road • Crossville • 931-707-7878
chestnuthillwinery.com

The winery has a fermentation capacity of over 23,000 gallons, making it one of the largest wineries in Tennessee. All wines are produced and bottled on premise. While visiting, ask for a tour of the winery.

Stonehaus Winery - 444 Genesis Road • Crossville • 931-484-9463
stonehauswinery.com

Family owned and operated, this winery produces a diverse assortment of wines from still to sparkling which are distributed throughout the state and nation. Stonehaus offers tours and complimentary wine tastings daily.

Highland Manor Winery - Highway 127 • Jamestown • 931-879-9519
highlandmanorwinery.com

Tennessee's oldest winery! The winery has won several awards for the dry, semi-dry and sweet wines produced from fruit grown in its vineyard. The winery is housed in an English Tudor building with a classic wine cellar. Tour and tastings offered.

Holly Ridge Winery & Vineyards - 486 O'Neal Road • Livingston • 931-823-8375
hollyridgewinery.com

Family-owned and operated, this winery produces an assortment of wines from 14 grape varieties grown in their farm's hillside vineyards. Customer favorites include Riesling and Gewurztraminer. Tasting available Monday - Saturday. Closed Sundays.

Northfield Vineyards - 515 Ray Cemetery Road • Sparta • 931-761-9463
northfieldvineyards.com

The Ray family has operated this working farm for five generations. Recently repurposed as a winery and vineyard, the family specializes in a variety of wines from sweet to dry. Tours and tastings are available every day.

DelMonaco Winery & Vineyards - 600 Lance Drive • Baxter • 931-858-1177
delmonacowinery.com

Located in a multi-story Tuscan style building, this winery produces a variety of white, red, and dessert wines from grapes grown on the estate. The facility offers a ballroom with a wrap-around balcony overlooking the vineyards. Facilities are available for events. Tastings of wines and tours are available daily.

Cellar 53 Winery & Vineyards - 115 Oak View Drive East • Brush Creek • 615-934-3353
cellar53winery.com

Located on a six-generation family farm, this winery and vineyards produces a range of Tennessee grown wines ranging from dry to sweet. Landscaped grounds dotted with flower gardens among the vineyards offer a relaxing location for picnics. Tastings available Thursday to Sunday. Family (& dog) friendly.

Red Barn Winery & Vineyard - 805 Tanyard Road • Lafayette • 615-688-6012
redbarnwinery.com

Red Barn Winery & Vineyards is located on the Highland Rim of Macon County, sitting between Lafayette and the historic Red Boiling Springs, about 50 miles northeast of Nashville. The scenic Red Barn Winery & Vineyards is the first in Macon County to become an Agricultural Farm Winery. Over this 100-acre farm lie the North American and the French Hybrid grapes of the Glen Clements family. Call ahead Wednesday - Sunday.

Events

To see updated events, go to:
uppercumberlandwinetrail.com

January 27 Wine on the Rails. From Nashville to DelMonaco Winery & Vineyards in Baxter. Vintage style attire for the day. muddyrootsrecords.com

February 10 "Amore Italian Style" at DelMonaco Winery & Vineyards in Baxter - delmonacowinery.com

February 17 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter - tcry.org

March 24 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter - tcry.org

April 14 Upper Cumberland Wine Festival in Granville
uppercumberlandwinetrail.com

April 14 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter - tcry.org

May 4 - 6 Mother's Day Market at Northfield Winery in Sparta - northfieldvineyards.com

May 5 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter - tcry.org

May 12 Wildflowers & Wine at Cellar 53 in Brush Creek.
cellar53winery.com

June 2 Wine & Swine Day at Highland Manor in Jamestown - highlandmanorwinery.com

June 16 Wine on the Rails. From Nashville to DelMonaco Winery & Vineyards in Baxter. Vintage style attire for the day - muddyrootsrecords.com

July 21 Wine on the Rails. From Nashville to DelMonaco Winery & Vineyards in Baxter. Vintage style attire for the day - muddyrootsrecords.com

July 28 Upper Cumberland Cajun Day at Highland Manor in Jamestown - highlandmanorwinery.com

August 11 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter - tcry.org

September 4 - 6 Fall Market at Northfield Winery in Sparta - northfieldvineyards.com

October 13 Annual Harvest Festival at Cellar 53 in Brush Creek - cellar53winery.com

October 20 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter - tcry.org

November 10 Wine Train from Nashville to DelMonaco Winery & Vineyards in Baxter - tcry.org

November 3 Art N Ale Trail at Northfield Winery in Sparta - northfieldvineyards.com

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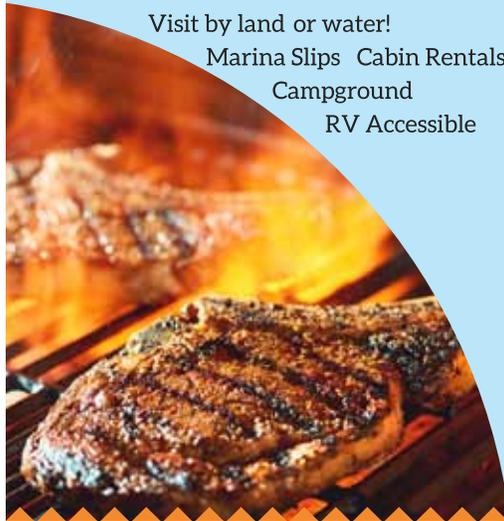
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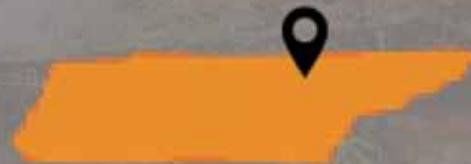
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Sunrise at Dale Hollow Lake
photocredit Cynthia Lyons



LOVE TO
RIDE

BIKING THE UC

by Tara Wohlgemuth

Whether you are a casual cyclist looking for a leisurely city ride or a mountain biking enthusiast seeking a challenging course, the Upper Cumberland has a bicycling experience for you. Each of the region's larger cities hosts nearby biking trails – some paved, others primitive. Two large wilderness parks, Big South Fork to the north and Fall Creek Falls to the south, offer a wide variety of mountain biking adventures.

One group leading the charge to organize group rides and advocate for the expansion our region's mountain biking possibilities is the Upper Cumberland Mountain Biking Club, based in Cookeville. Member Angelo Spaccarotella notes, "We certainly enjoy traveling to different parts of the state to enjoy the great adventure of mountain biking. However, it's especially nice to enjoy the local landscape and encourage travel within our region. Trail expansion is in the works at several of our region's current trails and there's discussion of breaking ground on additional trail systems soon."

Cumberland County – Crossville

Cumberland County's first dedicated mountain bike trail opened to the public at Cumberland Mountain State Park in November of 2017. The 2-mile beginner-rated trail was designed by Andrew Ingram, a semi-pro mountain biker, certified master trail builder, and owner of Hurricane Cycles in Crossville. Andrew recruited his wife Holly, a Seasonal Interpretive Ranger at the park, along with an army of volunteers to design and construct the trail. The single track contains technical features that will help beginners develop their skill and transition to intermediate rated trails. The anti-skid paint has barely dried on the trail's bridges, yet the enterprising young couple is already working on a 2-mile addition to accommodate more advanced riders.

White County – Sparta

Leadership from local bike shops continues into neighboring Sparta at the White County Recreational Complex. In addition to offering tradi-

tional sports fields, the Complex hosts a 1.8 mile single track mountain bike trail. Danny Green, the owner of Town Hill Bike Shop in Sparta, developed the trail in 2017, and it is rated easy/intermediate.

Putnam County – Cookeville

For those looking to experience a more leisurely ride or to use a bicycle for transportation around town, the TN Central Heritage Rail Trail is the trail for you. The Cookeville-Algood-Putnam County partnership project officially opened in October 2016. Its 4.3 miles of paved trail run alongside the active Nashville and Eastern Railroad from the Cookeville Depot to the Algood Community Center. Popular destinations along its route include: the historic West Side District (featuring local eateries and shops), Cookeville Farmers Market, Tennessee Tech campus, Cinderella Park, Golden Eagle Golf Club, Trinity Assembly Church and the Algood Senior Center.

In August of 2016, the City of Cookeville opened its first mountain biking trail at Cane Creek Park. Like many other mountain biking trails in the region, this one was built with volunteer labor after an impressive 500 man hours were donated over several months. The 2-mile loop is currently a local favorite for mountain bikers who appreciate having such an easily accessible trail so close to town. The increased attention around local mountain biking has expanded the possibilities for biking clubs like the newly formed Cookeville Women's Mountain Biking Club organized by Cookeville resident Marti Merritt. These clubs are a great way for a beginner to learn more about the technical aspects of the sport, discuss gear recommendations, and experience the camaraderie that comes with riding alongside fellow cyclists.



Andrew Ingram, Cumberland Mountain
photocredit Holly Ingram

Warren County – McMinnville

In Warren County near McMinnville in the small town of Rock Island, you will find another local mountain biking club, the Rock Island Pedalers. The Pedalers strive to be inclusive and encourage riders of all skills to join them on weekly rides. “Our group was started by a couple of guys from my work that were getting together and riding a few days a week,” says member JJ Morris. “Our group usually rides every Tuesday and Thursday at Rock Island State Park. We like to ride Collins River Trail Loop because it is convenient for a lot of us who work here in McMinnville, but we also do rides on the weekends to places a little further from home.”

Rock Island Park Manager Damon Graham agrees, “The Collins Loop is the most popular trail for bikers. Not all of our trails can support biking due to the rough terrain, but the Collins River Loops is so popular that we are considering moving the bicycling portion of our annual Rock & Row Triathlon in April from the park roads to the trail.”

State Parks roads are a good option for those not looking to mountain bike. Scenic destinations, slow speed limits, and “share the road” signs make state parks a great choice for a family road biking.

Van Buren County - Fall Creek Fall State Park

Fall Creek Falls State Park in Van Buren County is another good destination for family road bike rides and mountain biking adventures alike. Visitors to the park may choose to ride a bike around Fall Creek Falls Lake and across the dam that controls the 256-foot waterfall. Those seeking mountain biking trails will want to take advantage of the park’s three longer distance yet moderately rated trails:

Upper Loop Trail is a moderate 13.5 mile single track loop that follows a little used backpacker trail. The trail contains some tight and twisty singletrack interlaced with open and flowing sections and features both rocky sections and a few nice climbs.

Chinquapin Ridge Mountain Bike Trail is a moderate 6-mile out and back double track located at the south end of the park and allows mountain bikers to visit some of the more remote areas of the park.

It has several moderate inclines/declines with some creek crossings.

Piney Mountain Bike Trail is a moderate 8-mile out and back double track trail that begins with a downhill ride crossing Piney Creek near Group Camp 2.

Fentress County - Big South Fork State Park

If a mountain biking wilderness adventure is what you seek, look no further than Big South Fork National Recreation Area. The Big South Fork is a mountain biking mecca that offers not only multiple bike-only trails designed, built and maintained by the Big South Fork Mountain Bike Club but also encourages mountain bikers to explore highway edges, backcountry roads, and some horse trails. This offering provides bikers of all skill levels with miles of trail options.

Four popular trails dedicated to mountain biking include:

Duncan Hollow Loop is a 5.3-mile single track and gravel road combination trail best ridden clockwise. It can be accessed from the Duncan Hollow Bypass. It features one creek crossing and a moderate climb.

Collier Ridge Loop is an 8-mile single track that offers both novice and advanced sections and begins from West Bandy Creek Road.

West Bandy Trail is a 3-mile single track with creek crossings and steep sections and can be linked to Duncan Hollow Loop or the Collier Ridge Loop.

Grand Gap Loop Trail is a 6.4-mile loop that is best ridden counter clockwise and is ideal for beginner to intermediate riders, as it is mostly flat and smooth. It can be accessed via intersection of Duncan Hollow and Alfred Smith Road.

Thanks to a growing network of trails, locally owned bike shops, and sociable bike clubs, there is a biking adventure waiting for you in the Upper Cumberland. This article is by no means a complete list of all the region’s offerings, so get out there and explore for yourselves all the Upper Cumberland has to offer from the seat of your bike.

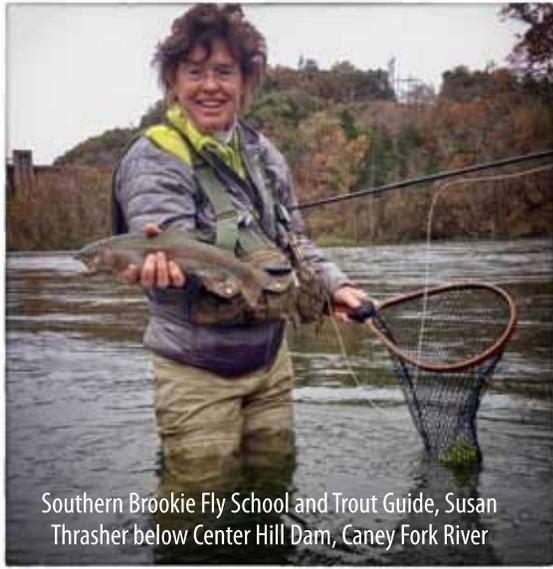
Rainbows, Brookes and Browns...

LOCAL TROUT ARE ATTRACTING NEW ANGLERS

By Deborah Paschall



L-R, Sherry Knowles, Rachel Mullins & Chris Lockhart holding their freshly caught brown trouts. Photocredit Susan Thrasher.



Southern Brookie Fly School and Trout Guide, Susan Thrasher below Center Hill Dam, Caney Fork River

Imagine. It's a cool, foggy morning on the river. You are knee deep in the water, waders on, and casting into the gently moving water. Your first step into the water reminds you of playing in a stream as a kid. The clear water allows you to see the smooth, round rocks and tiny darting minnows below you. You take a deep breath and look around at the beauty and nature that surrounds you. You have now become part of it. You have become a player in the aquatic river life and the game of predator-prey. You cast your fly line in a graceful motion, hitting the water in a manner that your fly mimics a real insect, and bam! A fish is on! You experience the thrill of reeling in a large, beautiful brown trout. Gently, you handle it, taking the tiny hook out of its lip, and release it with gratitude. This is the experience the new faces of fly fishing are discovering. The new faces? Women!

Increasingly, over the past ten years, the desire to experience nature through fly fishing, has attracted hundreds of women to the sport. Gear companies have begun producing more speciality apparel and waders designed just for women. Kayak companies are targeting ladies to their brands. Trout fishing guides are entertaining more husband and wife clients. And many, are hosting ladies in groups for a weekend of fishing. One such guide in Middle Tennessee is a lady!

Southern Brookies Trout Fishing School and Guide Service, is owned and operated by Susan Thrasher. Nestled along the shoreline of the Caney Fork River, her beautiful school and practice pond setting, has expanded into an overnight campground-like experience including retro travel trailers for anglers (and their families) wanting more

time on the river. Formerly, a civil engineer, turned full-time instructor and guide, Susan has built her passion for fly fishing into a career of sharing her skills on and off the water, including building a camaraderie of like-minded lady outdoor enthusiasts.

Ten years ago, on the Caney Fork River, Susan guided two ladies in her drift boat and fast friendships were made. It was on that day the vision was born to create a fishing club for ladies only.

The Music City Fly Girls, has evolved into a group of outdoor ladies from all walks of life. Realtors, accountants, building contractors, a commercial pilot, a Sirius XM programmer, critical care nurses, independent and franchised business owners, and a Caprisun Technician, are among the varied backgrounds of the group. Ages range from the young ladies in their twenties to active retirees hitting their seventies. The group's calendar includes special outings at the Southern Brookies School, plus trips to popular fishing destinations across the country. Annual gatherings include a fall event called "Hits Nice," a favorite held at Southern Brookies School on the Caney Fork, and a mountain winter/spring retreat labelled "the Fireball." Other group trips have included traveling to popular trout locations including Montana, the Sierras, the White River in Arkansas, and Miami to catch beautiful peacock bass.

For more information and photos about trout fishing on the Caney Fork River, Southern Brookies Trout Fishing School and Guide Service, Music City Fly Girls, or the Caney Fork River - Center Hill Dam, Corp. of Eng., please search for the sites below:

southernbrookies.com

musiccityflygirls.com

en.m.wikipedia.org (Caney_Fork_River)

Irn.usace.army.mil/Locations/Lakes/Center-Hill-Lake/

[TVA Lake Info \(Free APP\) - Daily Generations Schedules](#)



Caney Fork River Canoe & Kayak Trips

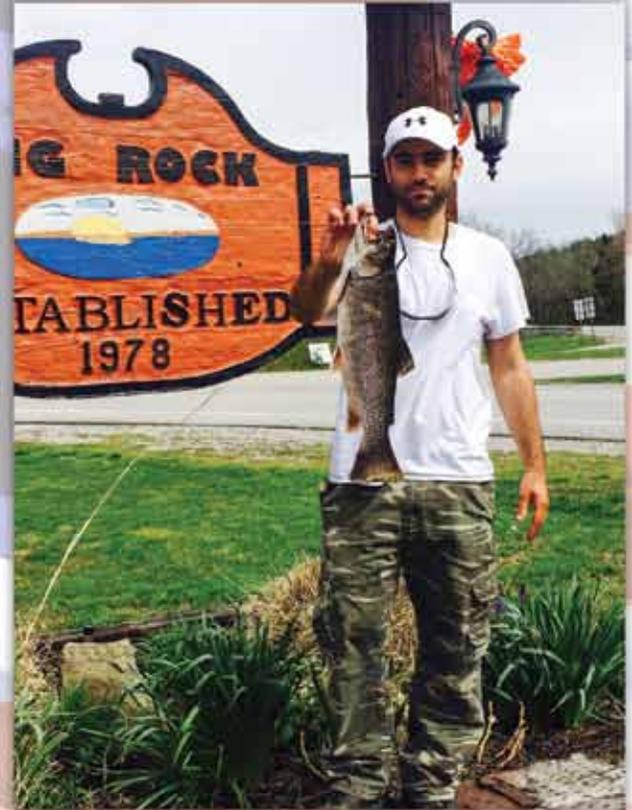


I-40 Exit 268 Center Hill Dam/ Buffalo Valley Exit at the entrance to Edgar Evins State Park
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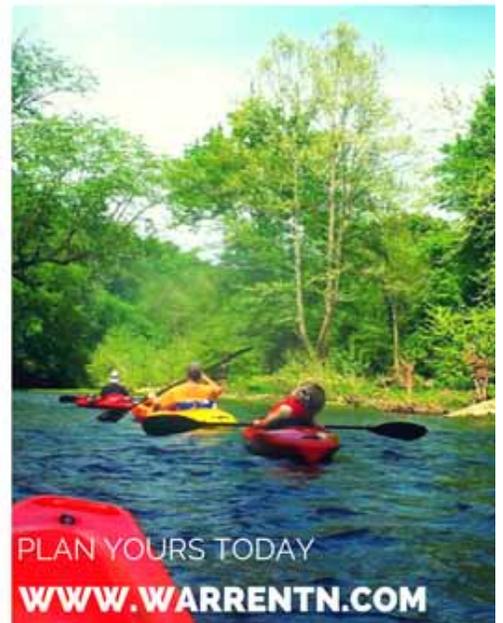
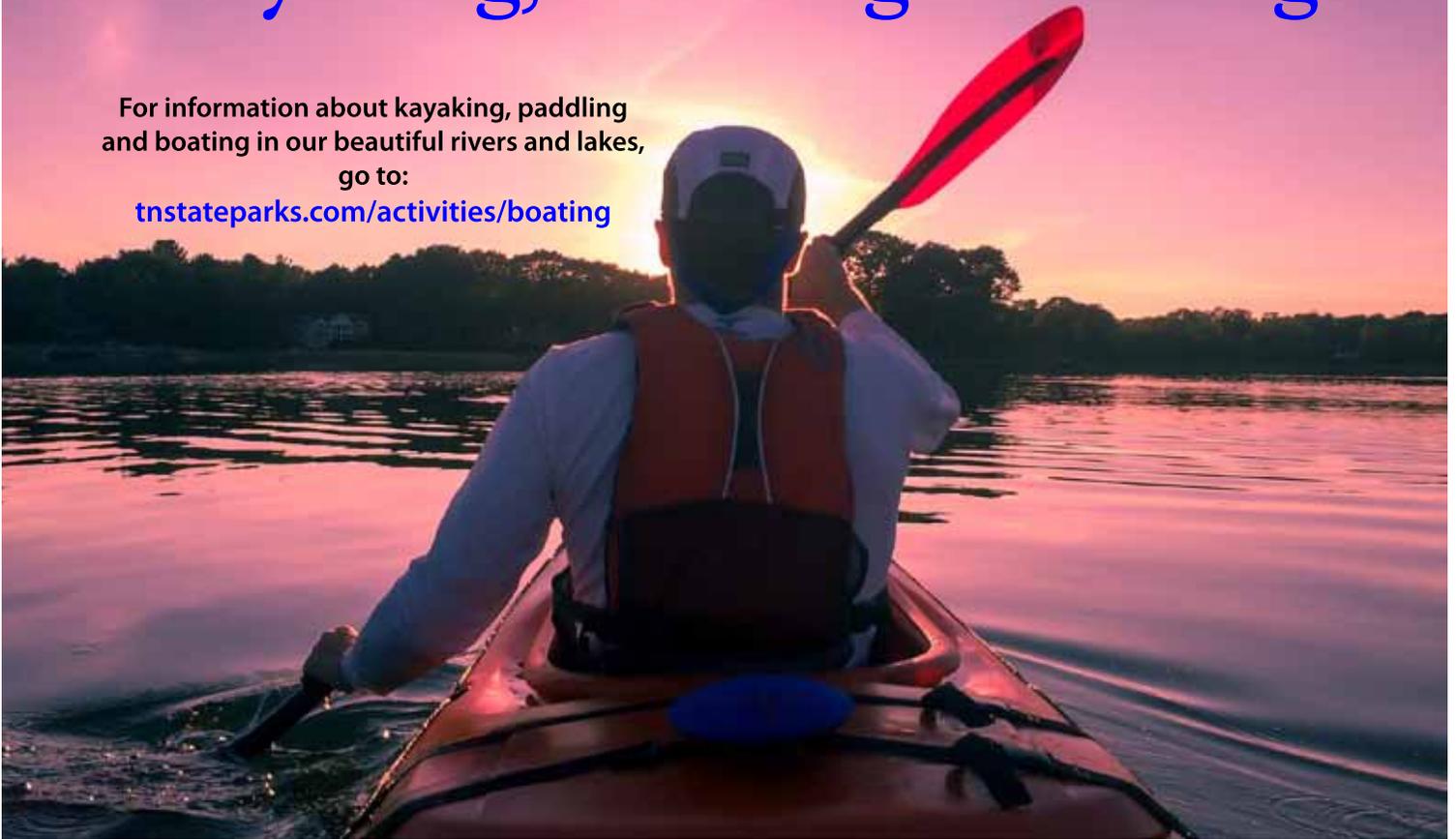


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CaneyForkRiverRentals.com
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tnstateparks.com/activities/boating



CAVING

UPPER CUMBERLAND UNDERGROUND

Article & Photo by Chuck Sutherland



Allie Ibarra, Armours Cave,
Overton County



I was walking in the woods one day with a GPS in hand and I found a cave entrance. I thought to myself, "Surely someone somewhere is interested in knowing about this." It was a profound realization for me that someone likely had GPS points on hundreds, maybe thousands more caves, each of which was its own world of adventure. This led to my next realization, that I too could also possess this knowledge by an act as simple as copying a file on a computer. The act of obtaining this data was far more complex than I had initially anticipated. It was a long path that led me to the point where I now possess that data, and I help disseminate it among vetted cavers.

Caves are delicate resources, and we keep their locations secret for a reason. If you've been in a wild cave and have seen broken formations, spray painted walls, piles of beer cans, broken glass bottles, saltpetre vats from the American Civil War or the War of 1812 burned and busted, and holes dug where people have looted Native American artifacts, then you can appreciate why we keep cave locations a secret.

But I'm a caving evangelical. I want to invite you to my church of karst. I have to walk the line between my intense enthusiasm and protecting a delicate resource. The way that the rest of the caving community and I manage this is through our caving clubs, or grottos as we call them.

Grottos exist under the National Speleological Society, or the NSS. We are local clubs that are communities of cavers who above all else promote safety and conservation. We like to take people caving and teach them about safety and conservation. The skills and ethics that one learns on the surface do not prepare you for a trip underground. Picking a flower on the side of the highway is a very different act from breaking and removing a cave formation from the cave. Cave formations grow over several lifetimes, if not hundreds. By removing it you've prevented countless others from ever enjoying it. Having a good conservation ethic will make your return trip, as well as the trips of others, a more enjoyable experience.

In addition to safety and conservation, the grotto will help you find the right gear for caving too. It's important that you have the right gear so you don't bang your head and bruise your knees and decide the painful world of caving isn't for you. Having the right gear makes the experience much more pleasant.

If darkness, tight spaces, muddy, wet, and cold conditions haven't scared you away yet, then let me direct you to the Upper Cumberland Grotto's Facebook page where you can keep track of all our public events. You want to start your caving career by attending a meeting and getting to know this rowdy and sometimes ragtag group. What happens next is up to you.

For more information, go to [Facebook.com/UCGrotto](https://www.facebook.com/UCGrotto).

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JAMBOREE

SMITHVILLE, TENNESSEE

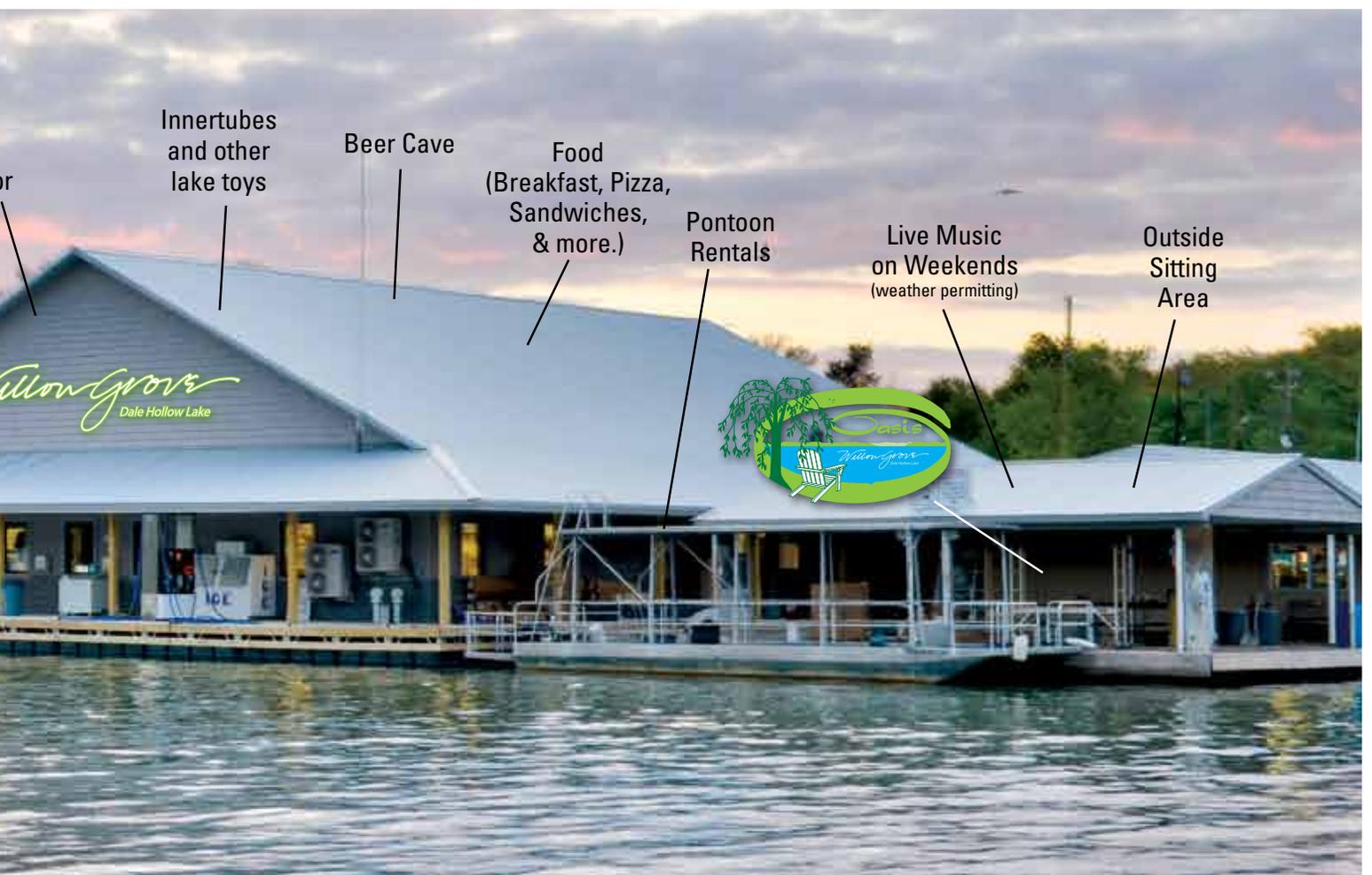
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Workshops

Article & Photo by Monica Johnson

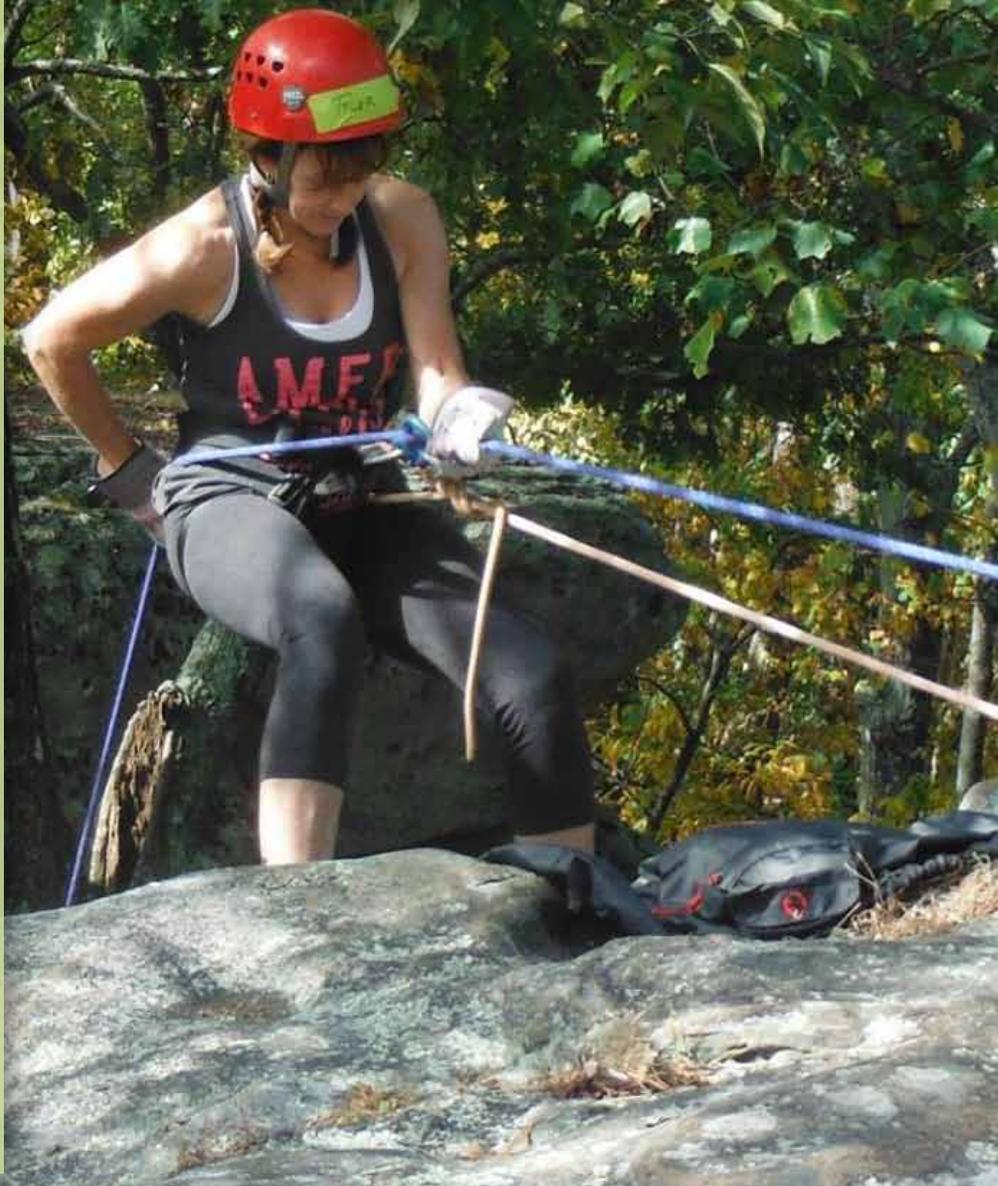
The Women's Rock Climbing Workshop is a beginner/intermediate-based workshop that focuses on basic skills needed to top rope, belay, and rappel. The workshop is for ages 18 and up and is \$60 for the weekend. That price includes lessons for the weekend, a camping spot, and charcoal to cook on.

Participants arrive Friday for a meet-and-greet at the Recreation Lodge around 6:00 PM. At the lodge, we will cover outdoor climbing basics, including knot tying and belay technique.

Saturday we review safety precautions before carpooling to the Black Mountain climbing area. From the trailhead, there is a short hike to the climbing location, where a number of top rope climbs and a 40 ft. rappel are set up for the day. Climbs range in difficulty from beginner to intermediate/advanced. After dinner there's plenty of free time, as well as a campfire and an optional evening program for participants to enjoy.

Sunday morning we clean and pack up camp prior to leaving for another day of climbing. The day ends around 3:00 PM, but participants are free to leave earlier as needed (please let one of the staff know if you plan to leave early).

Currently our next workshop is tentatively scheduled for October 12, 13, and 14, 2018. There may also be a spring workshop. For more information and to plan your adventure, go to tnstateparks.com.





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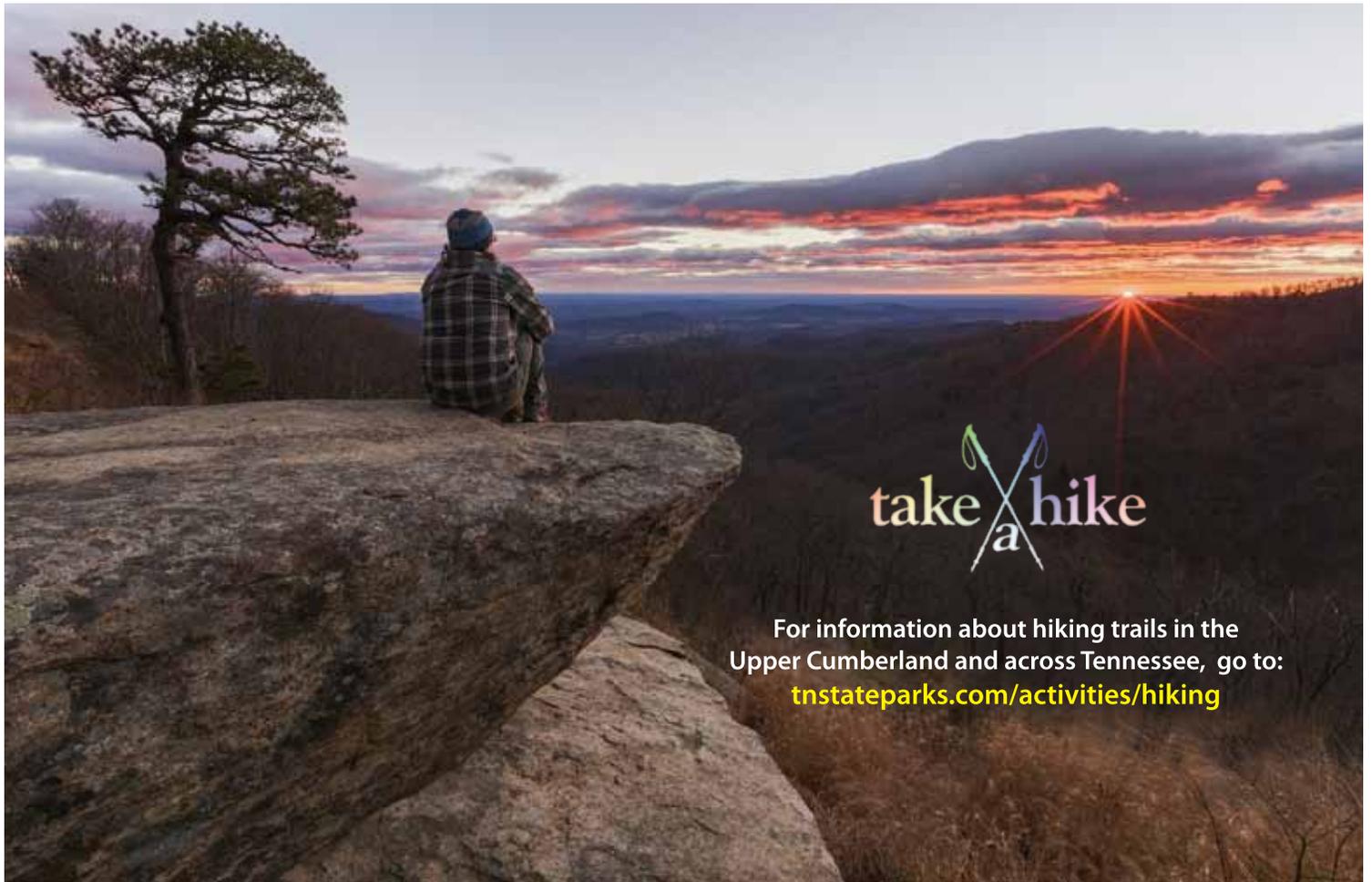
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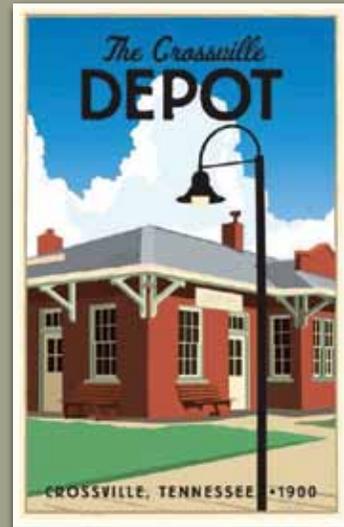
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STEP BACK IN TIME

by Karla Clarke



Living History Event at Sgt. Alvin C. York Historic State Park
photocredit H. L. Harder

The Upper Cumberland is a vibrant region filled with compelling stories, colorful characters and a riveting history. No visit to the region is complete without stepping through the doors of some of our fascinating museums.

The town of Granville has turned its entire downtown into a living museum. Granville's Sutton Homestead includes a working blacksmith's shop, weaving looms, a gristmill, and an antique car museum. Sutton's Old Time Music Hour hosts live Americana music concerts each Saturday. These performances are aired on radio stations nationwide. Multiple festivals held throughout the year give guests a taste of the past.

Crossville's Homestead Museum is a thoughtful representation of the 1930's Depression era when jobs were nonexistent, and families were scraping by to live and feed their children. The Cumberland Homestead is one of the New Deal Communities of President Franklin D. Roosevelt. It gave families the opportunity to join together to build homes and clear farmland. Barns were built as temporary housing and the men were paid sweat equity for their homes and farms. Out of the 2000 Tennessee applications, only 250 families were chosen. The signature yellow fieldstone structures of over 200 original homes remain today. The original water tower houses the museum, and the original school is part of the Homestead Elementary School. The beautiful Cumberland State Park was a government work project as well.



Cordell Hull Birthplace
photocredit Elizabeth Thompson

Our region has the honor of being the birthplace of two Nobel Peace Prize recipients. You can see Cordell Hull's medal at his museum in Byrdstown. Albert Gore received the 2007 Nobel Prize for his work with global leaders, slowing world pollution and providing education about climate change.

Take a guided tour of the home of WWI Medal of Honor recipient, Sergeant Alvin C. York. His farm and part of the town of Pall Mall have been transformed into a living museum. Designated a State Historic Park, you can visit his house, the general store, the church, the family cemetery, and the gristmill. The park also hosts WWI living history events complete with WWI trenches, re-enactors, interactive demonstrations, live music, and discussions with experts about Sergeant York and WWI.

How'd you like to go to jail? The original Jamestown jailhouse contains the Fentress County History Museum & Chamber of Commerce. Experience the frightening sound of slamming doors locking you into a bare room with hard bunk to sleep off your drunken state. Many an outlaw has been brought to swift justice in those same cold cells. You might recognize a few names on their guest list.



One of the oldest remaining
Public Libraries in the USA
photocredit Elizabeth Thompson

Just east of Jamestown is the delightful English township of Rugby. The Rugby Colony is a picturesque Victorian village built by aristocratic English second sons who planned to create a utopian society in the Americas. The experiment thrived for the first ten years then struggled and withered. Like stepping into an English storybook, the restored historic town is a time capsule just waiting to be explored. The library alone is full of first editions of all the greatest literary work from that era and is one of the oldest remaining public libraries in the United States.

Before today's wine trails and dinner trains, steam engines and railroads were the region's fastest transportation of people and supplies. Don't miss the railroad museums of Carthage, Baxter, Cookeville, Monterey, and Crossville. All of these museums are family friendly & free.

Native Americans, immigrant settlers from England, Ireland, Germany, Scotland, and slaves from Africa have all inhabited this region. Their descendants often go to our local museums to trace their genealogy. People come looking for family pictures, military service records and the stories about where their families lived and served. Gainesboro and Sparta have great military record collectives. Maps of graveyards and lists of those buried are a great help to people seeking the family histories.

Visiting our museums, big or small, can enhance your Upper Cumberland vacation experience. If you open yourself up to what these museums have to offer, you cannot help but walk away with a better understanding of the people, history and culture that make our region of Appalachia unique.

A list of Upper Cumberland Museums may be found on page 60, under "ATTRACTIONS"



In August each year serious pickers travel 690 miles of sheer collectors' heaven. The 127 Yard Sale stretches from Michigan to Alabama, through the Upper Cumberland from Jamestown to Crossville. It started many years ago in Jamestown, which is the headquarters of the longest yard sale. Vendors set out along miles of highway. They're also clustered on side roads and where there is open ground, such as in community parks.

In Clarkrange, Cumberland Mountain General Store is considered by a lot of shoppers to be the premier spot for "the yard." Serious buyers book their lodging a year in advance and rent trucks and trailers to haul their finds. Since the sale covers six states, a lot of planning is advised.

Information about the trail, lodging and vendors are at 127sale.com or 931-879-9948.

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by Molly Brown

Rocking chairs, bingo, and senior discount days...are these the priorities of today's retirees? No way! You are young, active and know that it's your time to experience what you've worked so hard for. It's time to explore, escape and enjoy yourself. You deserve it.

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The Upper Cumberland is an ideal retirement destination with scenic beauty, low cost of living, four mild seasons, outstanding lifestyle amenities, and a convenient location: just east of Nashville, west of Knoxville and north of Chattanooga.

Walking and hiking trails mix with some of Tennessee's most renowned state parks and natural areas in the 14-county region. Take in a world history lesson at Alvin C. York State Historic Park. Visit more than 150 documented waterfalls such as Lost Creek Falls, Ozone Falls, and Fall Creek Falls, each of which were filming sites for the Jungle Book movie; Cummins Falls, ranked by Travel & Leisure as one of the top swimming holes in North America; and Burgess Falls, a Southern Living Magazine favorite.

Speaking of water, explore more than 1,200 miles of lake shoreline. As seen on the Outdoor Sportsman and World Fishing Network, the Upper Cumberland is home to three Army Corps of Engineer lakes: Center Hill Lake, Cordell Hull Lake, and Dale Hollow Lake. Their tributaries also allow you to float the day away or wet your line--- Cane Creek, Roaring River, Calfkiller River, and the Caney Fork River are just a few.

Venture into Big South Fork National River and Recreation Area where 125,000 acres of protected forest provides endless opportunities for horseback riding, outdoor adventures, wildlife viewing and captivating overlooks of scenic gorges and sandstone bluffs. Not enough outdoors for you? Check out

the 10,000 acres of pristine forest in the Bridgestone/Firestone Centennial Wilderness, ready and waiting for you to explore.

What else awaits you? Here are a few ideas:

- ~ Set up a tee time in the "golf capital of Tennessee," Crossville.
- ~ Shop at unique boutiques and national department stores.
- ~ Take a culinary crawl and dine among world-renowned chefs and nationally recognized grillmasters.
- ~ Stroll through Tennessee Tech University's campus to enjoy an Ohio Valley Conference game or a Bryan Symphony Orchestra performance.
- ~ Take a scenic drive or motorcycle ride along the winding rivers, picturesque landscapes, and scenic overlooks.
- ~ Kayak or canoe the Caney Fork River, a leisurely escape.
- ~ Test your knowledge of area heritage on a history hike or depot hop.
- ~ Experience a relaxing evening under the stars for a movie in the park.
- ~ Sip a taste of Tennessee with a Wine, Shine & Stein tour.

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Several Upper Cumberland communities are acknowledged by a Seal of Approval from the American Association of Retirement Communities as well as partnerships with Retire Tennessee, a state program recognizing communities based on desired amenities for retirees.

Have we piqued your interest? If so, plan your visit to your future backyard. Your Upper Cumberland retreat awaits!



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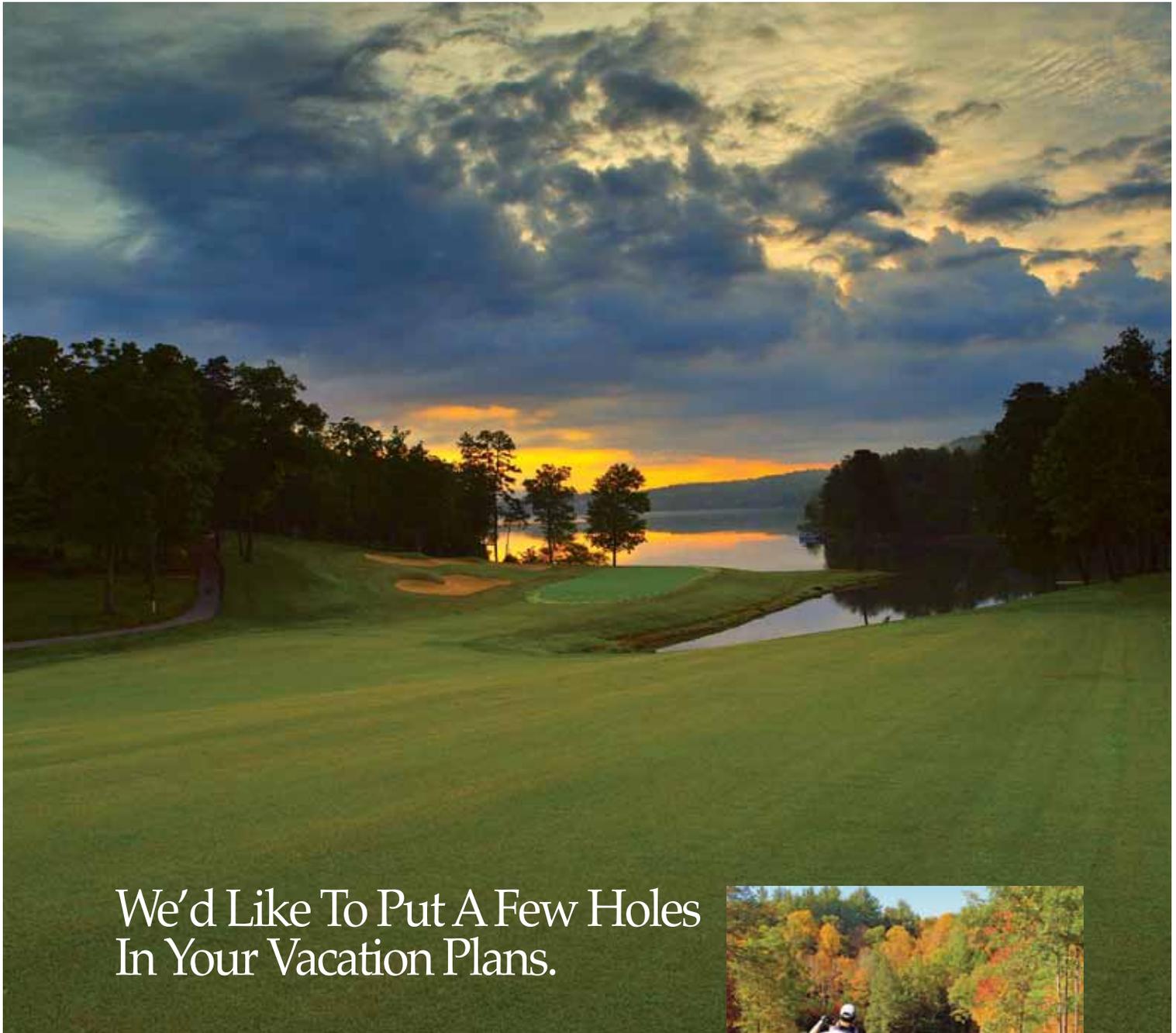
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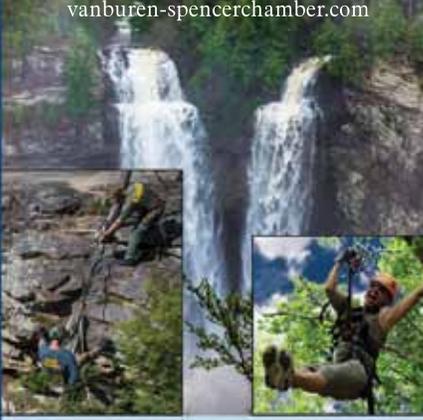
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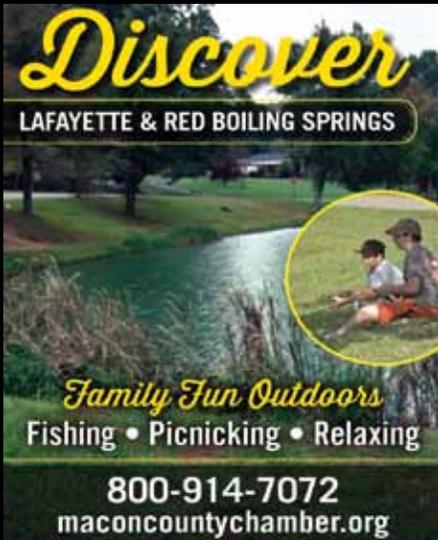
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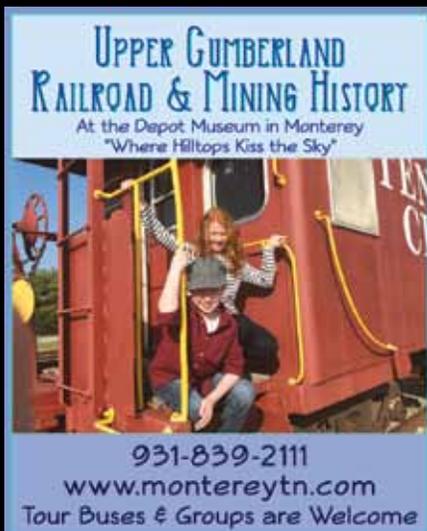
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Approximately 45 minutes in length, the tour begins at the Center Hill Power Plant reception area. After guest check-in and a brief introduction, Corps of Engineers personnel will provide registered participants an up-close look at the dam and power plant facilities.

The number of tours and tour size are both limited and you must register ahead of time. All guests including minors are required to submit a request form at least fourteen days prior to the tour and receive confirmation from the U.S. Army Corps of Engineers Nashville District.

Request your forms by email at centerhilltours@usace.army.mil.

Cordell Hull Dam



Cordell Hull Dam was constructed between 1963 and 1973 with primary purposes of navigation, hydropower generation, and recreation. Both the dam and the resulting lake were named after a Nobel-Prize winning statesman, born in a log cabin in the foothills of the Cumberland Mountains. Hull served in the Tennessee and U.S. House of Representatives and in the U.S. Senate. He served as Secretary of State under President Franklin D. Roosevelt from 1933 to 1944. He was largely responsible for the creation of the United Nations.

The rules for tours are the same as those of Center Hill Dam. Request your forms by email at cordellhulltours@usace.army.mil.



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theborderlands.org

Bunkum Cave
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Byrdstown
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friendsofcordellhull.org

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Clay County Museum Inc.
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931-243-4220

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cumberlandartsociety.com

The Mill Storehouse
3193 Hwy 111, Cookeville
931-400-0606
themillstorehouse.com

CROSSVILLE
Cumberland Homesteads Tower Museum
96 Hwy. 68 • Crossville
931-456-9663
cumberlandhomesteads.org

Military Memorial Museum
20 S. Main St. • Crossville
931-456-5520

The Crossville Model Railroad Club
Crossville Outlet Mall, Ste. 109 •
Crossville
931-210-5050
crossvillemodelrrclub.org

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105 Montpelier St. • Gainesboro
931-268-4863
townofgainesboro.com

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granvilletn.com

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931-653-4151
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Granville Gift Shop
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931-653-4511
granvillebandb

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114 Central Ave. W. • Jamestown
931-879-9948
jamestowntn.org

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Courthouse Square • Livingston
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615-597-6801
tntech.edu/craftcenter

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931-836-3552
spartatnchamber.com

White County Heritage Museum
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931-837-3900
whitecountyheritagemuseum.org

White County Military Museum
Five Maple St. • Sparta
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East Fork Stables
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800-97-TRAIL
eastforkstables.com

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931-879-3025
maplehillrv.com

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800-978-7245
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East Port Marina & Resort
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1-800-736-7951
eastport.info

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5899 Eagles Cove Rd, Byrdstown
931-864-3456
eaglecoveresort.net

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Holly Creek Marina
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931-243-2116
hollycreekmarina.com

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Wildwood Marina & Resort
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931-653-4360
granvillemarina.com

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DALE HOLLOW MARINA ASSOCIATION
dalehollowlakeonline.com

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sunsetmarina.com

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Bryan Symphony Orchestra
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931-525-2633
bryansymphony.org

Cookeville Performing Arts Center

10 E. Broad St., Cookeville
931-528-1313
cookeville-tn.gov/ls/cpac/

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Cumberland County Playhouse
221 Tennessee Ave., Crossville,
931-484-5000
ccplayhouse.com

Historic Palace Theatre

72 S. Main St., Crossville,
931-484-6133
palacetheatre-crossville.com

GRANVILLE

Sutton Ole Time Music Hour
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423-628-2441
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smithvillejamboree.com

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931-526-4455
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931-484-1005
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951 Isha Lane, McMinnville
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ishausa.org

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Smithville
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timothyhill.org/spiritual-retreat-center

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rawdaddysgrill.com

Father Tom's Pub

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931-854-9484
fathertomspub.com

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The Bull & Thistle Pub
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931-268-7170
bullandthistle.com

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Timberloft Restaurant & Lounge
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Gordonsville
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timberloftrestaurant.com

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Timberloft Lakeside
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timberloftrestaurant.com

Sutton General Store

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Kurt's Bacara's
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redbarnwinery.com

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Holly Ridge Winery & Vineyards
486 O'Neal Road, Livingston
931-823-8375
HollyRidgeWinery.com

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Northfield Vineyards
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931-761-9463
northfieldvineyards.com

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Jig Head Brewing Company
310 Newman Drive, Cookeville
jigheadbrewing.com

SPARTA
Calfkiller Brewery
1839 Blue Springs Road • Sparta
931-739-BEER
calfkillerbeer.com

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WOODBURY
Short Mountain Distillery
8280 Short Mountain Road • Woodbury
615-216-0830
shortmountaindistillery.com

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twlakes.net

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Carthage, TN
ucemc.com

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140 S. Jefferson Avenue, Cookeville
931-528-5441
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Wilson County Bank & Trust
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931-528-4928
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931-528-2222
wcte.org

Cookeville CityScape
229 East Broad Street, Cookeville
931-528-2222
cookevillecityscape.com

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Plateau Properties
118 North Main St, Crossville
931-484-5535
plateauproperties.com

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931-864-7195
dalehollow.com

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1424 John Bragg Hwy, Woodbury
615-563-2222
cannontn.com

Clay County Partnership Chamber of Commerce
424 Brown St, Celina
931-243-3338
dalehollowlake.org

Cookeville-Putnam County Convention & Visitors Bureau
1 W. First St., Cookeville
931-526-2211 • 800-264-5541
mustseecookeville.com

Putnam County Government
300 E. Spring St., Cookeville
putnamcountytn.gov

City of Cookeville
45 East Broad Street, Cookeville
931-526-9591
cookeville-tn.gov

City of Monterey
302 E. Commercial Ave, Monterey
931-839-3770
montereytn.com

Crossville - Cumberland County Chamber of Commerce
34 S. Main St. • Crossville
931-484-8444 • 877-GOLFTN1
crossville-chamber.com

Crossville - Cumberland County Gateway to the Big South Fork Visitor Center
176 River Otter Dr. • Crossville
crossville-chamber.com

City of Crossville
392 N. Main St., Crossville
crossvilletn.gov

DeKalb County Government
1 Public Square
Smithville
dekalbtennessee.com

Gainesboro/Jackson County Chamber of Commerce
P.O. Box 827 • Gainesboro
931-268-0971
gainesboro-jcchamber.com

Jackson County Government
101 E Hull Ave, Gainesboro
jacksoncotn.com

Jamestown/Fentress County Chamber of Commerce
114 Central Ave. W. • Jamestown
931-879-9948 • 800 327-3945
jamestowntn.org

Livingston/Overton County Chamber of Commerce
222 E. Main St. • Livingston
931-823-6421 • 800-876-7393
overtonco.com

Macon County Chamber of Commerce
685 Hwy. 52 Bypass W. • Lafayette
615-666-5885 • 800-914-7072
maconcountychamber.org

Macon County Government
201 County Courthouse, Lafayette
615-666-2363
maconcountytn.gov

City of Lafayette
200 East Locust St., Lafayette
lafayette-tn.org

McMinnville-Warren County Chamber of Commerce
110 S. Court Sq. • McMinnville
931-473-6611
warrentn.com

Red Boiling Springs
Vision2020 of Red Boiling Springs
vision2020inc.com

Smith County Chamber of Commerce
939 Upper Ferry Rd. • Carthage
615-735-2093
smithcountychamber.org

Smith County Government
122 Turner High Circle, Carthage
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Town of Carthage
314 Spring Street, Carthage
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City of Smithville
104 E. Main St. Smithville
smithvillecityhall.com

Smithville-DeKalb County Chamber of Commerce
Courthouse Room 201, 1 Public Square, Smithville
615-597-4163
dekalbtn.com

Sparta/White County Chamber of Commerce
16 W. Bockman Way, Sparta
931-836-3552
spartatnchamber.com

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1 East Bockman Way, Sparta
931-836-3552
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931-946-7033
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