



T E N N E S S E E
OVERHILL
HERITAGE ASSOCIATION

News Release

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Springtime and John Muir: The Perfect Pair

Springtime in the Tennessee Overhill should not be missed. Nurseries are stocked with all manner of things to jazz up home gardens. Local farmers' markets offer fresh greens, peas, and strawberries. Dogwoods and redbud trees paint the hills and valleys. Wildflowers are popping up in the forest floor and waterfalls are brimming from spring rains. Spring is time to visit local shops, markets, and nurseries to gear up with hiking boots, warm weather clothes, fresh local foods, and interesting additions for home gardens. But the real fun comes when you get outside to see nature's show.

The John Muir Trail is the perfect place to experience nature up close and personal. The trail starts at Reliance, Tennessee and winds alongside the Hiwassee River all the way to North Carolina. The trail is named for John Muir, the famous naturalist and conservationist. Muir is best known for founding the Sierra Club and his advocacy for national parks. Most people associate him with California but he visited the Hiwassee River on his "Thousand Mile Walk to the Sea." Muir wrote the following in his journal about the Hiwassee River -

My path all to-day led me along the leafy banks of the Hiwassee, a most impressive mountain river. Its channel is very rough, as it crosses the edges of upturned rock strata, some of them standing at right angles, or glancing off obliquely to right and left. Thus a multitude of short, resounding cataracts are produced, and the river is restrained from the headlong speed due to its volume and the inclination of its bed.

A walk on the John Muir Trail will reward the modern day explorer with a myriad of wildflowers, birds, and a spring forest that is coming to life. Many of the sites along the Hiwassee River that Muir described in his journal can be seen today. The western end of the trail starts at Reliance, Tennessee, at the confluence of Childers Creek and the Hiwassee River. From here, visitors can choose a short hike to allow for time to photograph flowers and take in the river views, or more experienced hikers can continue to Apalachia Powerhouse, Coker Creek Falls, and on to the end of the trail near the North Carolina/Tennessee state line.

For more information about trails, waterfalls, markets, shops and other things to see and do this spring in the Tennessee Overhill, contact the Tennessee Overhill office at 877-510-5765. Information is also available at www.tennesseeoverhill.com or at the Tennessee Overhill Facebook Page.

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