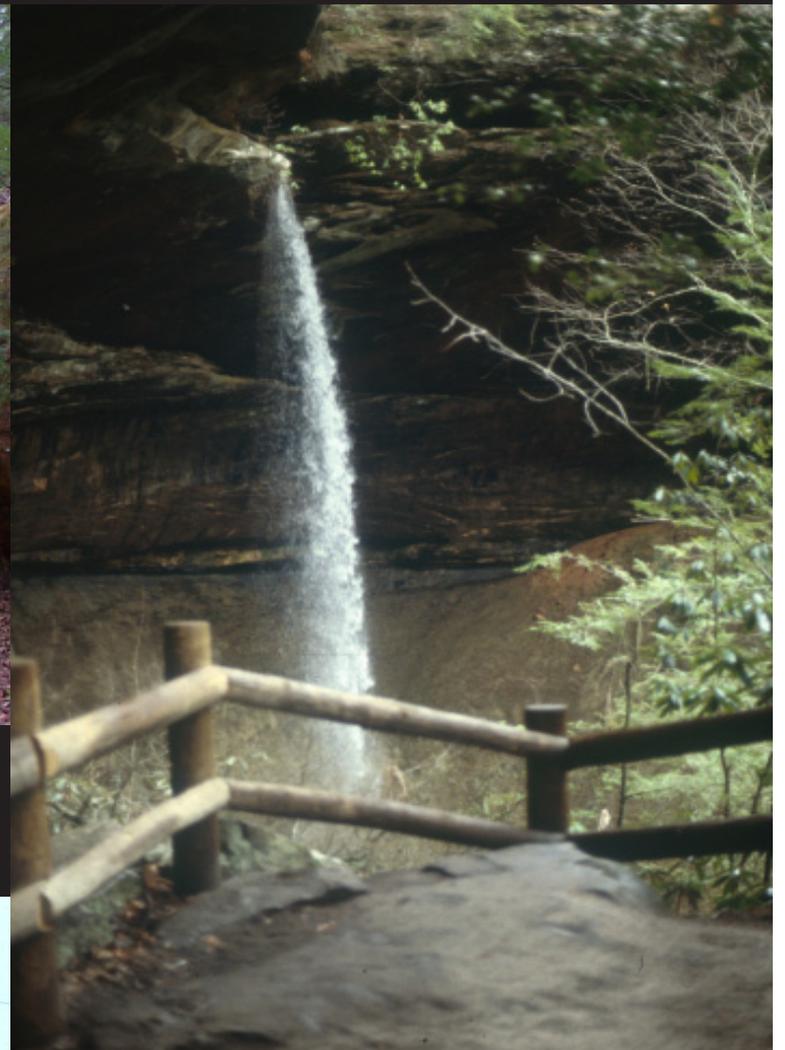




Big South Fork Visitor Guide

2008

The official newspaper of
Big South Fork National River and Recreation Area



Geologic Features of the Cumberland Plateau



2008 Special Events and Program Calendar

Spring Planting Festival - April 26

10:00 a.m. until 4:00 p.m.

Join in a celebration of spring from the late 1800s through the early 1900s. Demonstrations of horse and mule drawn equipment, plowing, planting, dulcimer music, farm animals and tasks of the homemaker will be going on throughout the day at Bandy Creek and the Lora Blevins houseplace. Craft demonstrations and sales items will also be available.

Astronomy

Paul Lewis from the University of Tennessee will be presenting astronomy programs with the help of astronomy volunteers. (Weather permitting).

May 31 - Solar Viewing - Bandy Creek - 3:30 p.m. until 4:30 p.m.

May 31 - Astronomy - Bandy Creek - 9:00 p.m.

July 5 - Astronomy - Bandy Creek - 9:30 p.m.

August 23 - Astronomy - Bandy Creek - 9:30 p.m. P

October 4 - Solar Viewing - Bandy Creek - 3:30 p.m. until 4:00 p.m.

October 4 - Astronomy - Bandy Creek - 8:30 p.m.

National Trails Day - June 7

Volunteers will be working throughout the park on hiking, biking, horse and multiple-use trails. National Trails Day is held each year throughout the United States. Thousands of volunteers participate in work projects in national areas, parks and forests. If you would like to volunteer, contact Wally Linder for further information at (423) 569-2404, ext. 321.

Storytelling Festival - September 20

Dulcimer Workshop

Bring your own dulcimer and learn to play a tune. Two beginners' sessions will be held beginning 9:00 a.m. until 12:00 p.m. and again at 1:00 p.m. until 4:00 p.m. A limited number of dulcimers will be on hand for the public's use. Please sign up in advance for this workshop by calling (423) 286-7275.

Craft Workshops

Learn about some of our old time crafts of the region through classes, demonstrations and sales. Crafts offered may include tatting (old time lace making), quilting, wood carving, soap making, survival skills and basket making. Class participants will be asked for a donation to assist with class materials and instructor fees. Sign up for classes will be done in advance. Please call Bandy Creek Visitor Center at (423) 286-7275 to check about classes offered and to

reserve a place in a class. Each class will be a minimum of four hours in length. Classes will be scheduled throughout the day beginning at 9:00 a.m. and ending at 5:00 p.m.

Haunting in the Hills Storytelling Presentations

1:00 p.m. Family Oriented Stories

3:00 p.m. Special Local Tellers

5:00 p.m. Knoxville Area Dulcimer Club Concert

6:30 p.m. Bluegrass Music

8:00 p.m. to 10:00 p.m. Ghost Stories

Cumberland Heritage Month

October Saturdays at Blue Heron Mining Community - Enjoy a different cultural heritage activity each week. Demonstrations and presentations include blacksmithing, woodworking, spinning, old timey toys, dulcimer music, pioneer history, and coal mining displays. Times and schedules will be announced for each Saturday in October.

All events are Eastern Time.

All Programs are Subject to Change.

Contact Bandy Creek Visitor Center at (423) 286-7275 (PARK), the Stearns Depot Visitor Center (606) 376-5073 or the Blue Heron Interpretive Center (606) 376-3787 for program details. Also see page 6 for more information about the special events.

Eastern National

If you are looking for information and unique items concerning Big South Fork, check out the bookstores located at Bandy Creek and Stearns Depot Visitor Center. The bookstores are operated by Eastern National, a non-profit cooperating association founded in 1947 and authorized by Congress to work with America's national parks and other public trusts. The mission of Eastern National is to provide quality educational and interpretive products to the public.

Eastern provides a variety of unique items that will enhance your visit. Items offered for sale include maps, trail guides, books of local interest and unique craft items. By purchasing an item from the bookstore, you are supporting Big South Fork. Eastern returns a percentage of its profits to use for promoting the historical, scientific and conservation activities of the National Park Service. Among other projects, these donations are used to fund publications such as this newspaper. Membership in Eastern National entitles you to a discount on merchandise and helps support the programs of the National Park Service. For more information about Eastern National or to become a member, visit www.EasternNational.org.

Any item you see in our bookstore can be ordered by mail, by telephone or by visiting the Big South Fork website. If ordering by mail, you may use a personal check made payable to "Eastern National" or you may use a credit or debit card when ordering by phone. All items are subject to tax, shipping and handling charges that apply. An order form may be downloaded from the Big South Fork website at www.nps.gov/biso. Call (423) 286-7275 or write to Eastern National Bookstore, 4564 Leatherwood Road, Oneida, Tennessee 37841.

Photographs on cover

All photographs courtesy of the NPS.

The Big South Fork River gorge, Needle Arch, numerous sandstone rockshelters and Slave Falls are all a part of the special geologic features found on the Cumberland Plateau. Discover these treasures and more when you visit Big South Fork National River and Recreation Area. See page 9.

Below are some popular items from the bookstore: National Geographic Big South Fork Trail Map by Trails Illustrated - a large scale topographic map of the entire system of designated hiking, horse and mountain bike trails. Waterproof and tear resistant. Newest version printed in 2007. \$9.95

Hiking the Big South Fork - a complete guide to hiking trails in Big South Fork and selected trails in the adjoining Daniel Boone National Forest and Pickett State Park and Forest. Deaver, Smith and Duncan \$14.95

100 Trails of the Big South Fork - as the title implies, a trail guide with accurate descriptions of horse, hiking and bike trails in Big South Fork. Manning and Jamieson \$16.95

Exploring the Big South Fork - a visitor's guide to horse, hiking and mountain biking trails and the many activities at Big South Fork. Campbell and Campbell \$16.95

A Year in the Big South Fork - a wonderful, photographic presentation depicting the beauty of Big South Fork. Summers \$9.95

Natural Arches of the Big South Fork - an arch hunter's delight, a guide to the most accessible arches in the area. McDade \$12.95

Big South Fork Children's Guide and Coloring Book - an excellent way to introduce children to the wonders of Big South Fork National River and Recreation Area. Duncan \$2.50

South Fork Country - an excellent book dealing with the early history of the Big South Fork River and the region around it. Perry \$21.95

Folk life along the Big South Fork of the Cumberland River - an in-depth look at the people and culture that are unique to the Cumberland Plateau. Howell \$30.50.



Above - The Stearns Depot Visitor Center and Eastern National bookstore located in Kentucky. Below - Eastern National bookstore at Bandy Creek Visitor Center in Tennessee.



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Welcome from the Superintendent

Welcome to Big South Fork National River and Recreation Area.

In the three years since Big South Fork National River and Recreation Area completed its General Management Plan (GMP) significant progress has and continues to be made in the implementation of the sweeping changes outlined in that history-making document.

In 2007, Big South Fork NRRRA implemented the new trail system as it was defined in the GMP. In doing so, park staff and volunteers alike began installing a new system of trail signing and blazing which clearly defines the types of trail use allowed on any of the designated trails within the park.

Last year, the park also worked in partnership with the Fentress County Road Department to develop two new equestrian trailheads adjacent to Big South Fork NRRRA. Both the Troxel/Wood Trailhead located on the Obey Blevins Road and the improved road leading into the new Mt. Helen Trailhead are excellent examples of county and park cooperative efforts.

Two other areas of Big South Fork which saw significant improvements last year were Burnt Mill Bridge and Zenith. Visitors to Burnt Mill

Bridge will find the site now has a bigger parking lot, new picnic tables, and new restroom facilities available for their use.

At Zenith, access to the beach area was greatly enhanced with an improved crossing at Camp Branch and the graveling of the road from Camp Branch to the beach. This year, park staff plan to continue improving facilities at Zenith with the development of picnic sites, improved parking, and restroom facilities.

As you experience the park, you will continue to see the implementation of the approved trail system with the conversion of several roads to multiple use trails, the expansion of trailhead parking lots, and continued work to assure that all trail use is in accordance with the park's General Management Plan.

We hope you will enjoy this beautiful park, and if you have the opportunity, please visit some of the new and improved facilities in place for you at Big South Fork NRRRA.

Reed E. Detring,

Superintendent

Make Your First Stop Here

Whether you are a first time visitor or a regular user of Big South Fork National River and Recreation Area, your first stop should be at one of the park's two visitor centers. A quick stop at a visitor center can help you get the most out of your visit.

Park staff at Bandy Creek Visitor Center in Tennessee and the Stearns Depot Visitor Center in Kentucky can provide information on a wide range of recreation options and park information. In addition to providing information on Big South Fork, park rangers can provide information about the surrounding area, including state parks and forests, area attractions and federal lands.

At the visitor centers, one has access to both free information, as well as maps and guide books available for purchase. Each visitor center has a sales area operated by Eastern National, a non-profit cooperating association dedicated to providing educational materials to the public and supporting the programs of the National Park Service. A percentage of each purchase is donated to the park to support local activities. The visitor centers also issue backcountry camping permits and Interagency Senior, Access, and Annual Passes.

A stop at the visitor center can make your visit more enjoyable, safer, and maximize your time to allow you to get the most from a truly outstanding area. For more information you may call the Bandy Creek Visitor Center at (423) 286-7275 or the Stearns Depot Visitor Center at (606) 376-5073.



Stearns Depot Visitor Center in Kentucky offers park information and Eastern National bookstore. NPS photo.



Bandy Creek Visitor Center (building on the right) offers visitor information, Eastern National bookstore and also sells ice. NPS photo.

Printing of this publication has been made possible by Eastern

Emergency Numbers

When emergency assistance is needed, dial 911 or:

Tennessee

Bandy Creek Visitor Center

(423) 286-7275 (PARK) - 8:00 a.m. to 4:00 p.m. Eastern Time.

Scott County Hospital, Highway 27, Oneida, TN (423) 569-8521

Scott County Ambulance, Oneida, TN (423) 569-6000

Scott County Sheriff

Huntsville, TN (423) 663-2245

Jamestown Regional Medical Center

W. Central Avenue, Jamestown, TN (931) 879-8171

Fentress County Ambulance

(931) 879-8147

Fentress County Sheriff

Jamestown, TN (931) 879-8142

Kentucky

Stearns Depot Visitor Center

(606) 376-5073. During train season 9:00 a.m. - 4:30 p.m.

Blue Heron Interpretive Center

(606) 376-3787

McCreary County Ambulance

(606) 376-5062

McCreary County Sheriff

(606) 376-2322

Campgrounds

Big South Fork National River and Recreation Area offers three campgrounds (Bandy Creek, Blue Heron, and Alum Ford) operated by the National Park Service and two horse campgrounds (Station Camp and Bear Creek) operated by a concessionaire. Bandy Creek Campground is located in the Tennessee portion of the park; Blue Heron and Alum Ford campgrounds are located in Kentucky. Station Camp Horse Camp is in Tennessee and Bear Creek is in Kentucky.

Bandy Creek Campground

Bandy Creek Campground is open year round. Sites may be reserved April 1 through October 31 **online at www.recreation.gov** or by calling 1-877-444-6777. Although a reservation system is in place, campers are still welcome on a first-come, first-served basis for unreserved campsites. It is always a good idea, however, to call the Bandy Creek Campground at (423) 286-8368 before coming. The campground does fill up during holidays, special events, weekends and the whole month of October. Check-in for the campground is at the entrance station kiosk.

The Bandy Creek Pool will be open from Memorial Day through Labor Day in 2008. Check at the campground entrance kiosk or at the Bandy Creek Visitor Center for a schedule of the times and days the pool will be open.

From November 1 through March 31, campsites are only taken on a first-come, first-served basis. During this time campers self register by filling out an envelope from the entrance station, picking their site and then placing the fee into the provided envelope. Drop the envelope into the fee collection box at the campground entrance station.

Areas B, C and D offer 98 sites which have electric/water hookups. Area A offers 49 tent sites. Three sites in area D are accessible to mobility impaired visitors. In the group area, E-I is also handicapped accessible. Restroom/bathhouse facilities are located in areas A, C and D which have hot showers and are handicapped accessible.

Bandy Creek sites in areas B, C, and D are **\$22.00 for water/electric hookups** per night and **\$19.00 for tents** per night in Area A. Although Area A has no electric hook-ups, RVs, pop-ups, and horse trailers are permitted in sites A1 – A12. Sites A13 – A49 are restricted for **tents only**. Holders of Senior and Access Passes are entitled to a 50% discount for campsites.

Bandy Creek Group Area E-1 and E-2 are for large groups of 25 or more. E-1 offers 19 individual sites and E-2 offers 16 individual sites. These sites do not have electric/water hookups. The group areas offer a covered pavilion with electric/water and a cooking area. A fire ring for campfires is available. Separate bathhouses for each area offer hot showers. The cost is **\$75.00** minimum charge per night for up to 25 persons, plus **\$3.00** for each additional person. Reserva-

tions can be made for the group camp April 1 through November 7th online at www.recreation.gov or by calling 1-877-444-6777.

Blue Heron

Blue Heron Campground sites may be reserved from April 1 through October 31 by calling 1-877-444-6777. Blue Heron is closed during the winter season.

Blue Heron offers 45 sites, with one site designated as accessible to mobility impaired individuals. Restroom facilities are also handicapped accessible. There is a fire ring and a dump station provided. Sites are **\$17.00 per night** with water/electric hookups. Although a reservation system is in place, campers are still welcome on a first-come, first-served basis for unreserved campsites. For additional information call (606) 376-2611.

Alum Ford

Alum Ford is a primitive campground and offers seven campsites. There are no restroom facilities or drinking water located at this area. The fee is **\$5.00 per night**. For additional information call (606) 376-2611. Alum Ford also has a boat ramp, but due to Lake Cumberland draw-down the boat ramp is not usable at this time.

Horse Camps

Both Station Camp and Bear Creek are operated by a concessionaire. There are water and electric hookups plus a tie out area for four horses at each site. The bathhouses have hot water showers. For more information about the horse camps or to make reservations call (423) 569-3321.

Horseback riders coming to stay at Bandy Creek Campground make separate reservations for their horses at Bandy Creek Stables which is located just across the road from the campground. Paddocks and stalls are available for rent. For more information about Bandy Creek Stables please call (423) 286-7433.

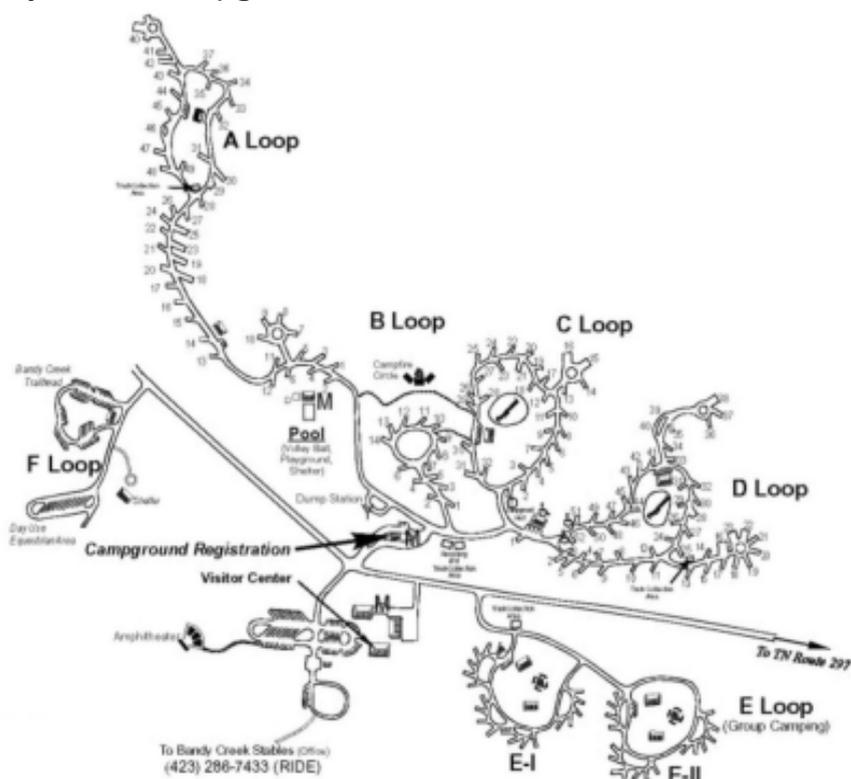
The Bandy Creek Pool

The Bandy Creek Pool will be open for the 2008 summer season from Memorial Day through Labor Day weekend. Check at the visitor center or campground kiosk for the pool schedule of times and days of operation.

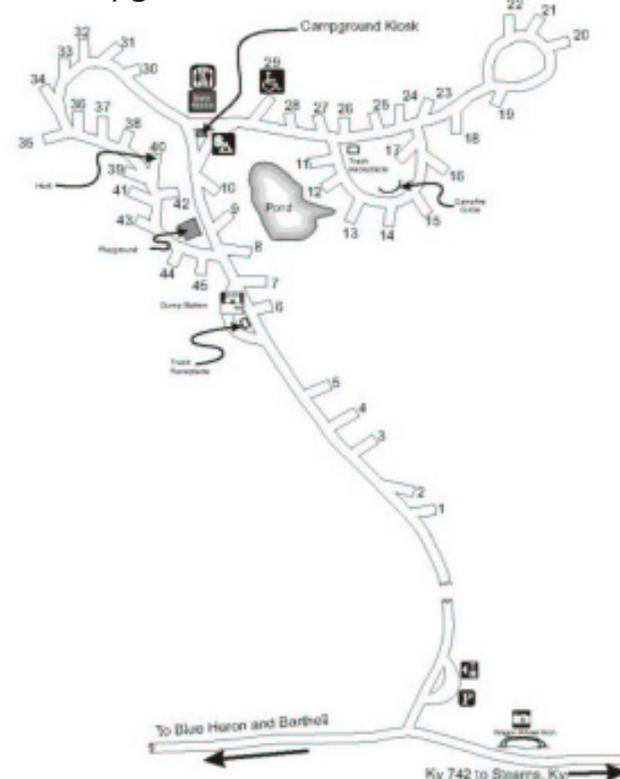
	Regular Rate*	Discount Rate*
Individual Adult	\$3.00	\$1.50
Child 12 and under	\$2.00	\$1.00
Annual Pool Pass (family)	\$35.00	\$17.50
Annual Pool Pass (individual)	\$25.00	\$12.50

*Holders of Senior/Access Passes only pay half the fee. Pass holders must have their card with them in order to receive the discount.

Bandy Creek Campground



Blue Heron Campground



General Information

Visitor Centers

Tennessee - Bandy Creek Visitor Center
(423) 286-7275 (PARK).

Kentucky - Stearns Depot Visitor Center
(606) 376-5073.

Kentucky - Blue Heron (606) 376-3787.

Accessibility

Bandy Creek Visitor Center

The visitor center and its restrooms are accessible to mobility impaired visitors. One or more rangers are trained, to some degree, in sign language. Large print brochures are available on request.

Stearns Depot Visitor Center

The visitor center and restrooms are handicapped accessible.

Campgrounds

Bandy Creek and Blue Heron campgrounds have designated mobility impaired accessible sites for families and groups. Restroom facilities are also handicapped accessible. Water and electric hook-ups are available at both campgrounds also. Alum Ford in Kentucky is also handicapped accessible, but restrooms are primitive and there are no water or electric hook-ups.

Overlooks and River Access

East Rim and Honey Creek Overlooks in Tennessee and the Devils Jump Overlook in Kentucky are accessible to individuals with mobility impairments. Leatherwood Ford River Access offers handicapped accessible trails and restrooms.

Blue Heron/Mine 18

The scenic train ride into Blue Heron is fully accessible to individuals with mobility impairments. Blue Heron offers accessible restrooms and is partially accessible to individuals with mobility impairments (some steep grades and steps exist).

Backcountry Camping

Backcountry camping is allowed in Big South Fork National River and Recreation Area. **Backcountry permits are required** to camp in the backcountry overnight. There are no designated campsites, but there are rules that indicate where you can and cannot camp. Check at the Bandy Creek or Stearns Depot Visitor Center or at Blue Heron for more information.

Permit fees are as follows:

1 - 6 people	\$5.00
7 - 12 people	\$10.00
13 - 18 people	\$15.00
19 - 24 people	\$20.00
25 - 30 people	\$25.00

A yearly permit is available for \$50.00. In addition to the visitor centers, see the following list for authorized backcountry camping permit vendors. Please contact (423) 286-8368 for more information. Permits are checked by rangers and are necessary when emergencies arise should a ranger need to contact you.

Kentucky Vendors

Fastway BP	(606) 376-2364
Big M's Discount	(606) 376-8500
Sheltoe Trace Outfitters	(606) 526-7238

One Stop Chevron	(606) 376-9200
Roger New Grocery	(606) 376-2579

Tennessee Vendors

Bandy Creek Stables	(423) 286-7433
Big John's (Marathon Gas)	(423) 569-9004
Big South Fork Motor Lodge	(931) 879-4230
Big South Fork Regional V. C. Country Store	(423) 663-4556
Rugby Commissary	(423) 569-5010
R & M Brooks and Son	(423) 628-5166
Buckhorn	(423) 628-2533
Stop N Go Market, Elgin	(423) 569-9452
Big John's #2 (Exxon Gas)	(423) 627-4100
Express Market & Deli	(423) 569-6122
Allardt Express Market	(931) 879-8132
Cherokee Trail	(931) 879-8051
Uncle Dale's Trading Post	(931) 879-0895
Willie Lee's	(423) 569-1544
Clarkrange Express Market	(931) 879-6987
	(931) 863-3162

River Information

The Big South Fork of the Cumberland River is a free flowing river. Sections of the river are calm enough for beginners while other parts are more challenging and have exciting whitewater. Peak times for river use are in the spring and sometimes late fall or winter. There is only one commercial company which provides equipment and trips for canoeing and rafting the river. If you are planning on embarking on the river with your own equipment and expertise, please check in at the Bandy Creek Visitor Center to file a trip plan, register for overnight river trips, and obtain information that will help you have a safe trip.

Permitted Outfitters

Sheltoe Trace Outfitters - River Trips

P.O. Box 1060
Whitley City, Kentucky 42653
1-800-541-RAFT
(606) 376-5567

Southeast Pack Trips, Inc. - Horseback Trips

299 Dewey Burkes Road
Jamestown, Tennessee 38556
(931) 879-2260

Saddle Valley - Horseback Trips

350 Dewey Burkes Road
Jamestown, Tennessee 38556
(931) 879-6262

Safety Facts

To help you enjoy your trip to Big South Fork National River and Recreation Area, be aware of some safety precautions:

- (1) There are poisonous snakes (copperheads and timber rattlesnakes), ticks, chiggers, and poison ivy found in this area. Be cautious as you hike the trails or use the backcountry. Always use a flashlight when walking at night to avoid stepping on a snake.
- (2) Leave information about your trip with someone at home.
- (3) Backcountry camping permits are required. These provide information to park rangers in case of emergencies. File a trip report with rangers at the Bandy Creek Visitor Center, Stearns Depot Visitor Center or at any of the vendors mentioned in the list above.
- (4) Store all food, food containers and coolers out of reach from wildlife. A copy of the food storage regulations can be obtained from the visitor centers or the campground kiosks.

Lost and Found

Lost items may be reported to rangers at the Bandy Creek or Stearns Depot Visitor Center or at Blue Heron Mining Community. A report will be completed describing the item and where it was lost in the event it is recovered at a later date. Items that have been found should be turned in at the Bandy Creek or Stearns Depot Visitor Center or at Blue Heron.

Concessionaires

Bandy Creek Stables - (423) 286-7433
Big South Fork Scenic Railway - (800) GO-ALONG
Charit Creek Lodge - (865) 429-5704
Eastern National - (423) 286-7275
Station Camp Horse Camp - (423) 569-3321
Bear Creek Horse Camp - (423) 569-3321

Hunting Seasons

Big South Fork National River and Recreation Area does allow hunting during regular state seasons. Check with the visitor centers or at Blue Heron for maps of the safety (no hunting) zones and regulations.

Kentucky Big Game Hunting Seasons

Deer Archery - Zone 1-4: Third Saturday in September through third Monday in January.

Deer Muzzleloader - Zone 1-4: Two consecutive days beginning the fourth Saturday in October and seven consecutive days beginning the second Saturday in December.

Deer Modern Gun - Zones 1-2: 16 consecutive days, beginning the second Saturday in November. Zones 3-4: 10 consecutive days, beginning the second Saturday in November.

Deer Youth Hunt - Zones 1-4: Two consecutive days beginning the third Saturday in October.

Boar - Wild hogs may be taken during open deer season and during the extended hog season.

Big South ForkNRRRA is in Zone 4.

For exact dates, contact Kentucky Department of Fish and Wildlife Resources, 1 Game Farm Road, Frankfort, Kentucky 40601, (502) 564-4336. Website: www.fw.ky.gov.

Tennessee Big Game Hunting Seasons

Permanent Opening Dates

Quail and Rabbit - Second Saturday in November.

Squirrel - Fourth Saturday in August.

Deer/Archery - Last Saturday in September.

Deer/Gun - Saturday before Thanksgiving.

Deer/Juvenile only - First Saturday and Sunday in November.

Boar - Wild hogs may be taken during open deer season and during the extended hog season.

For exact dates, please contact Tennessee Wildlife Resources Agency, Region III, 216 East Penfield, Crossville, Tennessee 38555, (931) 484-9571 or 1-800-262-6704 in Tennessee. Website: www.tnwildlife.org.

Check Kentucky and Tennessee hunting guides for small game seasons.

Parks on the Internet

Most national park areas have a web page, and camping reservations for many parks may be done online as well. To find more information about camping and park facilities, special events and programs that each National Park Service area has to offer, use www.nps.gov. Big South Fork National River and Recreation Area's page may be directly accessed through www.nps.gov/biso.

Night Skies over Big South Fork

By Paul Lewis, University of Tennessee, Outreach and Education

I think the thing I like best about observing the night sky at Big South Fork, besides the dark skies, is the peacefulness of the location. You can hear the occasional car or truck coming through the gorge, but for the most part, the night is accompanied by nature's soundtrack. We are surrounded by the creatures of the night going about their business while we immerse ourselves in the canopy of the heavens. This year brings us the same spring, summer and fall constellations we've come to know. Riding along embedded in those constellations is an endless and magnificent selection of deep sky wonders. Enormous clouds of interstellar gas and dust in the midst of which are stellar nurseries where embryonic stars and possible planetary systems are undergoing a celestial birthing process. Spiral and elliptical galaxies doing their inconceivably slow and visually undetectable pirouette grace the eyepiece of our telescopes. The occasional and unexpected breach of our protective atmosphere by an interplanetary dust particle, streaking light across our otherwise still sky as a meteor ends its journey. These are just some of the spectacles that await your visit to the Bandy Creek Visitors Center parking lot/astronomical viewing area this year for our regular astronomy night viewing sessions. See the calendar of events on page 2 in this issue for upcoming dates and times of our astronomy events.



Spring Chores Turned Into Traditional Arts Eighth Annual Spring Planting Day Celebration

By Sue H. Duncan, Park Ranger, Interpretation

The time of the year is spring. It is a time for new beginnings and growth. Mountain families begin their planning for crops, vegetable gardens and live-stock production. This production will sustain a family through the rest of the year.

The early families who settled the Big South Fork area depended on their ability to successfully raise animals, crops, and gardens to feed themselves. Most of the farming that occurred here was truly subsistence farming. The family often consumed the entire production of the garden. There was continued use of wild plant and animal foods, but the "kitchen garden" was vital to a sustainable food supply. This tradition continues with many families even today. It is not uncommon for local residents to have large gardens that provide a substantial amount of food.

Along with planning for their gardens and crops, families had a number of annual spring "chores" that were performed --spring cleaning and airing out of the house and bed linens, repairing paling fences, livestock care and animal husbandry, and mending and making clothing for the spring and summer seasons. Various crafts and forgotten arts of today were skills of yesterday -- skills needed for survival in the area we now call the Big South Fork, Cumberland Mountains or Appalachia.

In celebration of these skills and traditions of spring, Big South Fork National River and Recreation Area will be hosting its Eighth Annual Spring Planting Day on Saturday, April 26, 2008. Craftspersons will be demonstrating forgotten arts such as blacksmithing, basket making, hand spinning, weaving, woodcarving, chair caning, soap making, garden herb lore and use, and paling fence making. Items will also be available for sale by craftspersons. Displays of women's life, antique farm tools, farm animals and old-timey toys will delight young and old alike. Toe-tapping tunes of mountain dulcimer music will be performed by the Knoxville Area Dulcimer Club throughout the day. Plowing and planting with mules and horses will be taking place at the Lora Blevins field. Come join in our celebration of spring and traditional mountain ways.

The event will take place from 10:00 a.m. until 4:00 p.m. Check with the Bandy Creek Visitor Center for the location and more information about this event.



**Sixteenth Annual
"Haunting in the Hills"
Storytelling
Festival**



September 20, 2008

Big South Fork NRRRA - Bandy Creek Field

10:00 am	Folk Art Workshops, Demonstrations and Sales
1:00 pm	Family Oriented Storytelling
3:00 pm	Special Local Tellers
5:00 pm	Dulcimer Concert
6:30 pm	Bluegrass Music
8:00 pm	Ghost Stories <i>guaranteed to thrill and chill listeners of all ages.</i>

Featured Tellers

Elizabeth Ellis Michael Parent Joyce Slater Gene Tagaban

Faye Wooden - Emcee

Come join us for a full day of fun and activities.
Free and open to the public.

For further information contact Big South Fork Visitor Center at (423) 286-7275

Cultural Heritage Days



Enjoy October Saturdays at the Blue Heron Coal Mining Community in celebration of the area's cultural heritage. Each Saturday a different activity or event will be presented. Native American stories and music, handspinning, old timey toys, blackpowder rifle firing, woodworking, blacksmithing, dulcimer concerts and coal mining programs are just a few of the events presented by park staff and

volunteers. All events are free to the public and everyone is invited to attend. Times and dates of these events will be announced prior to each Saturday in October, or call: (606) 376-5073 or (606) 376-3787.

New Trail Blazing and Signing System for Big South Fork

Big South Fork National River and Recreation Area is implementing a new system of trailhead and trail markings. The system of trailhead and trail markings consists of graphic symbols and color coded reinforcement blazes to indicate the types of use authorized for a particular trail.

Symbols of all uses allowed on that particular trail are mounted on wooden posts located at the beginning of trails and at all trail junctions. The primary trail use symbol is displayed on the top of the sign with other trail uses displayed underneath. Trail blazes placed along the trail are consistent in color with that of the primary trail usage.

In an instance where a trail contains portions common to different uses, it will receive blazes for all uses that apply. The system is intended to make it easier for all park users to be sure they are on a trail authorized for that use. Signs indicating trail names and mileages will continue to be placed at key junctions.

The trailhead signing and trail blazing is being funded by monies generated through the Federal Lands Recreation Enhancement Act of 2004.

Please remember: the absence of a symbol means that particular use is not permitted on that trail.



The John Muir Trail is designated as a hiking trail with trail sections both in Big South Fork NRA and Pickett State Park.



Hiking trails are designated for foot traffic only.



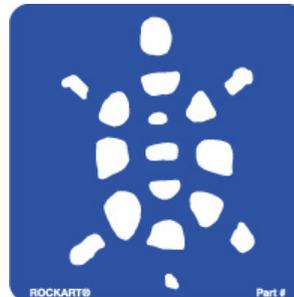
Horse trails are designated for horseback riding. Hiking and mountain bike riding are allowed on most horseback trails; however, some trails are blazed to be free of all other uses but foot travel.



Mountain bike trails are designated as open for use by mountain bikes and may also be used by hikers.



Wagon routes are designated for use by horseback riders, mountain bike riders and hikers, and are also maintained with sufficient width and clearance to allow their use by horse or mule drawn vehicles.



The Sheltowee Trace National Recreation Trail is a designated hiking trail with sections in Big South Fork NRA, Pickett State Forest and Daniel Boone National Forest.



Multiple-use trails are designated as open to all trail uses including motorized vehicles. In addition, licensed hunters may use ATVs on these trails while actively engaged in the legal hunting of either deer or wild boar.

Trailhead Safety

By Jimmy Barna, Park Ranger

Big South Fork National River and Recreation Area has several different trailheads throughout the park. Many of them are in very remote locations. Although all trailheads are patrolled on a regular basis, there are things you can do to further protect your vehicle.

BEFORE YOU LEAVE

- Leave your wallet or purse at home. Carry only the cash you will need and pack it along with you.
- Do your packing at home. If you decide to leave something behind, you won't have to leave it in your vehicle.
- Ask park rangers if certain trailheads have higher incidences of crime.
- If possible, leave an older vehicle at the trailhead.
- Remember to always inform someone about your destination, exactly where you plan to leave your vehicle and when you plan to return. Backcountry camping permits are required if you plan to be gone overnight.

TRAILHEAD ALTERNATIVES

- If you are in a group with multiple vehicles, try to get everyone into one vehicle. That way you can leave the remaining vehicles at a relatively

safe location like the large parking lot across from the Bandy Creek Visitor Center.

- Use a shuttle service. Ask rangers for services that are available in the area.

KNOW WHERE TO PARK

- The riskiest trailheads are the ones that receive moderate use and are close to the main road.
- Look around the trailhead parking area for any signs of break-ins.
- Notice the other people around the trailhead. If they don't look like they belong there, then they probably don't. Write down license plates and descriptions of suspicious individuals.

DEFENSIVE PARKING

- Always park with the rear hatch or trunk of the car facing the parking area and not the woods. This gives thieves less cover to work under.
- Remove your stereo if possible and avoid leaving any visible valuables inside your car. Also be careful not to leave any towels or blankets in sight because this suggests that you are leaving concealed valuables inside.
- Do not hide keys around the vehicle. Someone may be watching, so just pack them with you.



The Hognose Snake - One of Nature's Best Actors

By Raymond Little, Park Ranger, Visitor Protection

The Big South Fork National River and Recreation Area is home to a wide variety of flora and fauna. Reptiles, often overlooked, are an interesting resource of the park. Big South Fork is home to approximately sixteen species of snakes. The species range in size from the six-inch worm snake to the six-foot black rat snake.

One of the unique snakes of the Big South Fork area is the eastern hognose snake (*Heterodon platyrhinos*). The local people commonly refer to it as the "Blowing Viper" or "Spreading Adder." The eastern hognose snake is actually neither a viper or an adder, but a harmless snake that is quite an actor. This snake's unusual snout is the reason for its name because it resembles a hog's nose. Their upturned snout is believed to be used for foraging and uncovering burrowed toads, which it dines on almost exclusively. Compare this behavior to a wild hog, which uses its nose to uncover tubers and insects in the woods. The hognose snake has several methods of defense. When disturbed, the hognose snake inflates its body with air, to make it look larger, and flattens its neck in a cobra-like hood. This impressive visual display along with a long deep hiss gets the attention of most any predator. When the hognose snake strikes, it typically keeps its mouth closed. If attacked, the hognose has yet another act up its sleeve. It rolls over onto its back, opens its mouth, rolls its tongue out, releases body fluids and begins writhing and convulsing as if it is dying! It completes this performance by lying completely still on its back. If

picked up, its body is completely limp but, if placed back on its stomach it gives itself away by quickly rolling onto its back again. When the snake believes the threat is gone, it will slowly roll back onto its stomach and crawl away.

Non-Venomous ?

In recent years, it has been discovered that hognose snakes possess a modified saliva or venom. They do possess enlarged rear teeth that can deflate toads. Toads fill their bodies with air to make themselves larger when molested or being swallowed. Current research suggests that venom possessed by eastern hognose snakes may be only effective on frogs and toads, which make up the bulk of their diet. Much more research is needed to determine the actual toxicity of this modified saliva or "venom."

Description

Average length of the eastern hognose snake is 20 to 33 inches. It is a short heavy-bodied snake that can be found most anywhere in the Big South Fork area. The eastern hognose snake is extremely variable in color. They can be beautiful reds, oranges, and yellows mixed with black, but the completely melanistic or black variant seems to be the most common.

Look for these snakes along the wooded trails. Enjoy their antics as they act like a cobra or play "dead." Remember that all wildlife, even snakes, are protected within the park. Please help us preserve this interesting and unique reptile.



Hognose snake displaying cobra-like hood. Above and left: hognose snake snout and a hognose snake "playing dead." Photos by Raymond Little.



Hemlock woolly adelgid nymphs in dormancy. US Forest Service photo.

The Hemlock Woolly Adelgid: The Newest Invader

By Howard R. Duncan, Park Ranger, Interpretation

The forests of the Cumberland Plateau and Big South face a new threat from a tiny insect that attacks our native hemlocks. The hemlock woolly adelgid (HWA) is a nonnative insect that has already devastated hemlock stands in Shenandoah and Great Smoky Mountains national parks. The invader has recently been discovered at Cumberland Gap National Park, Frozen Head State Park and Natural Area, and Royal Blue Wildlife Management Area. At this time, it has not been positively identified in Big South Fork; however, all agree that it is just a matter of time before the HWA arrives. There is no way to control the spread of the insect.

This tiny insect, native to Asia, was accidentally imported into the United States. It was first discovered in this country in 1924 and first seen in the eastern part of the country in 1951. The aphid-like insect is almost invisible to the eye but covers itself with a white, wool-like substance that is easily seen. The adelgid attaches itself to the base of the tree's needles and drinks the sap, causing the needles to fall off and thus starving the tree of nutrients. Most trees die within three to four years, although some may survive longer. There are limited

options available to save the trees. Chemical control methods include spraying the individual trees with horticultural oils and insecticidal soaps, applying systemic treatments to the soil around the base of the tree, and direct injection of the tree trunk. The best long term solution seems to be predatory beetles that feed exclusively on the adelgid. Experiments being carried out in Great Smoky Mountains National Park are too recent to determine how successful the beetles will be in controlling the infestation.

Biologists are still debating what effect the loss of hemlocks will have on the plant ecosystem that has developed with the trees. Emotionally and aesthetically, the loss of hemlocks in the Big South Fork will be devastating. The eastern hemlock is a prominent part of the forest found in its narrow gorges and valleys. The beautiful evergreens define these areas and are some of the oldest and largest trees found in Big South Fork.

The strategy for hemlock conservation at Big South Fork will be similar to that of the Great Smokies. Once the adelgid is confirmed to be in the area, locations will be selected for treatment based upon a variety of considerations. The treatment method chosen will depend on the location and the size of the trees. There is no advantage in treating the trees before infestation occurs. If you would like to learn more about the hemlock woolly adelgid visit www.saveourhemlocks.org or visit the USDA Forest Service site at www.na.fs.fed.us/fhp/hwa.



Something to Crow About



By Sherry Fritschi, Park Ranger, Interpretation

When the whistle blows at Blue Heron and people board the train, something happens that might go undetected by the unobservant. A gathering takes place in the treetops across from the depot. A shimmering blackness quietly glides into the branches and beady black eyes peer through the leaves, patiently waiting for the train to leave. As the engine and passenger cars move down the tracks, Crows fly across the road and converge on the depot. Their raucous caws fill the air as the train sounds gradually fade away. Quickly and efficiently, the birds go about the business of eating every scrap of food left on the hemlock benches and concrete floor. One Crow stands guard on the steel frame roof and sounds the alarm if an intruder arrives on the scene. Most days they accomplish their task undisturbed except for the occasional squabble among themselves.

Crows belong to the bird family Corvidae which also includes Magpies, Ravens and Jays. Here at Big South Fork you can see Crows and Blue Jays but no Ravens. The rocky cliffs would appear to be perfect habitat for Ravens but they don't live here. Their range is expanding southward, however, so in the future they might call this area home. If you visit the Great Smokies, look for Ravens at Newfound Gap. Ravens have stockier bodies and thicker beaks than Crows. When trying to impress females, Ravens put on wonderful displays of soaring and somersaulting through the sky.

Overall, the Corvidae family members are smarter than your average bird. When ornithologists compare the ratio of brain matter to body size, they are the valedictorians of the bird world. So go ahead and call a Crow "bird-brain." It's quite a compliment!

Crows reveal their intelligence in unusual ways. I watched a Crow pick up a clear plastic pouch that a visitor had dropped on the ground. Sticking his beak into the opening, he pulled out a piece of paper. Once he figured out it wasn't edible, he discarded it and flew away. Another incident happened at the Blue Heron concession stand. A Crow flew off with a pack of cigarettes he found on a picnic table and dropped it on the road. Perhaps he didn't like the taste or smell, but I can't help but wonder. Did this wise bird know that tobacco wasn't good for him?

When camping, remember that you are the visitor to the outdoors where numerous animals live. Put away food and keep the campsite clean. Not only are Crows watching for morsels of food but they are also attracted to shiny objects. Leaving your car keys on the picnic table might not be a good idea.

A local folktale tells about Crows being able to count to three. If a farmer had Crows in his cornfields and wanted to shoot them, he needed to get three buddies to help. Four farmers would go into the field, but only three would leave the field. Apparently, because Crows can only count to three, the Crows wouldn't notice the fourth person staying behind in the corn patch. That farmer could stay to shoot the Crows. Truth or fiction? You decide, but Crows actually help rid fields of pests such as cutworms.

Parrots and Mockingbirds aren't the only birds that learn to mimic other sounds. If you happen to be camping at Bandy Creek, listen for a Crow that makes calls like a Turkey hen. The first time I heard him, I couldn't believe my ears. Sure enough, there were no Turkeys in the tree, only Crows. Apparently, when this bird was a youngster, he spent some time around Turkeys. Perhaps they routinely strutted across ground beneath the Crow's nest, and he learned to speak Turkey.



Photos used with permission by Bill Schmoker <http://schmoker.org>
Left: American Crow and above: Raven.

Scientists studying a species of Crow on the Pacific Island of New Caledonia made some astonishing observations. Not only were the birds making insect gathering tools from torn leaves, but they were passing along the knowledge from generation to generation, making improvements and modifications along the way.

This is just a sampling of how Crows have used their intelligence and adaptability to survive through the centuries. They continue to both fascinate and frustrate humans with their antics. Crows teach us that sometimes the most common animals provide rare opportunities for the avid observer. Don't be too quick to dismiss the ordinary!

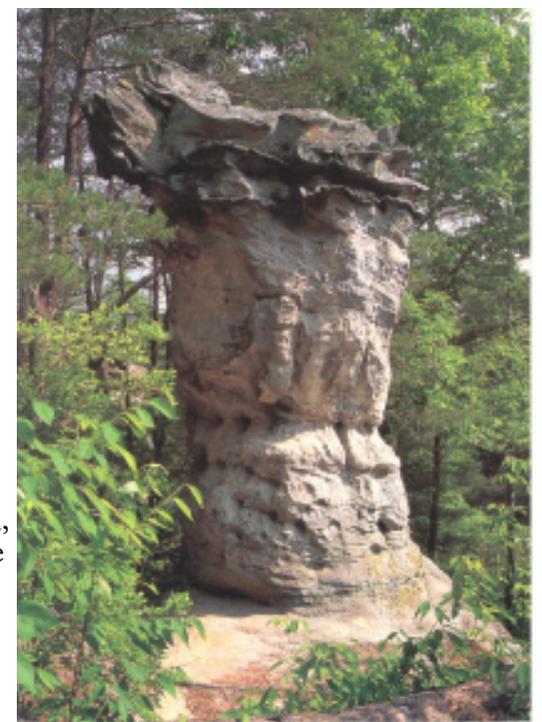
Geology and Big South Fork

By Howard R. Duncan, Park Ranger, Interpretation

The rocks that form the cap of the Cumberland Plateau were laid down in an ancient shallow sea beginning over 350 million years ago during the Mississippian (360-320 million years ago) and the Pennsylvanian (320-296 million years ago) periods of geologic time. These sediments were deposited in horizontal layers hundreds of feet thick. The resulting pressure hardened these sediments into layers of limestone, shale, coal, and sandstone. Beginning about 285 million years ago, the entire region was slowly lifted over 200 feet above sea level and erosion began to shape the landscape. The resulting erosion and weathering have created a rugged landscape that has defied humans' frequent attempts at change, but has resulted in some spectacular landforms none the less.

The many fascinating geological features of Big South Fork such as the massive cliffs, rock overhangs, arches and chimney rocks are all formed from Pennsylvanian era sandstone. This rock stratum is capped by a durable, weather resistant layer of stone known as Rockcastle conglomerate. Conglomerate is nature's version of concrete. The formation is layered with quartz pebbles and tightly bonded by silica and iron oxides. This tough stone does not weather as quickly as softer sandstone and shale beneath it, a process known as differential erosion. Differential erosion is the primary factor leading to the creation of such features as the Twin Arches and the Chimney Rocks as seen along Station Camp Road.

The many trails and overlooks of Big South Fork allow a glimpse at the geologic past. For the person on foot, the Angel Falls Rapids trail, the Twin Arches Loop and the Blue Heron Loop are all outstanding trails to discover the geologic history of Big South Fork. For the horse rider, the Hatfield Ridge Loop and Cumberland Valley Loop reveal a glimpse of our geologic past.



This Chimney Rock is located on Station Camp Road. Photo by Chuck Summers.

Big South Fork Continues to Implement General Management Plan

In the three years since Big South Fork National River and Recreation Area (NRRRA) completed its first General Management Plan, significant progress has and continues to be made in the implementation of the sweeping changes outlined in that history-making document.

In 2007, Big South Fork NRRRA initiated the implementation of the designated trail system as it was defined in the General Management Plan. In doing so, park staff and volunteers alike began installing a new system of trail signing and blazing which clearly defines the types of trail use allowed on any of the designated trails within the park.

Last year, the park also worked in partnership with the Fentress County Road Department to develop two new equestrian trailheads adjacent to Big South Fork NRRRA. Both the Troxel/Wood Trailhead located on the Obey Blevins Road and the improved road leading into the new Mt. Helen Trailhead are excellent examples of county and park cooperative efforts.

Two other areas of Big South Fork which saw significant improvements last year were Burnt Mill Bridge and Zenith. At Burnt Mill Bridge, paddlers seeking to challenge the park's white water and families looking for a beautiful picnic site will find the site now has a bigger parking lot, new picnic tables, and new restroom facilities available for their use.

Visitors to Zenith will find access to the Zenith beach area has been greatly enhanced with an improved crossing at Camp Branch, and the road from Camp Branch to the beach has been graveled. This year, park staff will continue to improve facilities at Zenith with the development of picnic sites, improved parking and restroom facilities.

Work on the park's roads and trails this year will continue to follow plans outlined in the General Management Plan and will include the establishment of several multiple use trails. As defined in the General Management Plan, a multiple use trail is designed to allow all types of trail uses, including motorized vehicles. In addition, licensed hunters may use ATVs on these trails, but only while actively engaged in the legal hunting of either deer or wild boar.

Under this plan, a portion of Fork Ridge Road will be widened and the Middle Creek Equestrian Trailhead expanded to accommodate a greater number of horse trailers. Beyond the Middle Creek Equestrian Trailhead, Fork Ridge Road will be blazed and managed as a multiple use trail. As a multiple use trail, the Fork Ridge Trail will continue to provide vehicle access to the Charit Creek and Power Line trailheads; however, the road width will be narrowed, the vehicle speed limit will be reduced to 15 mph, and horses will be allowed on the trail.

Similar work will also be done on Terry Cemetery Road. The Gobblers Knob Equestrian Trailhead will be enlarged and the road from the trailhead out to its end at Terry Cemetery will be blazed and managed as a multiple use trail.

In addition to Fork Ridge and Terry Cemetery Roads, several other trails, including the Duncan Hollow Bypass, portions of Jacks Ridge Loop, and the Gar Blevins Road are to be blazed and managed as multiple use trails this year.

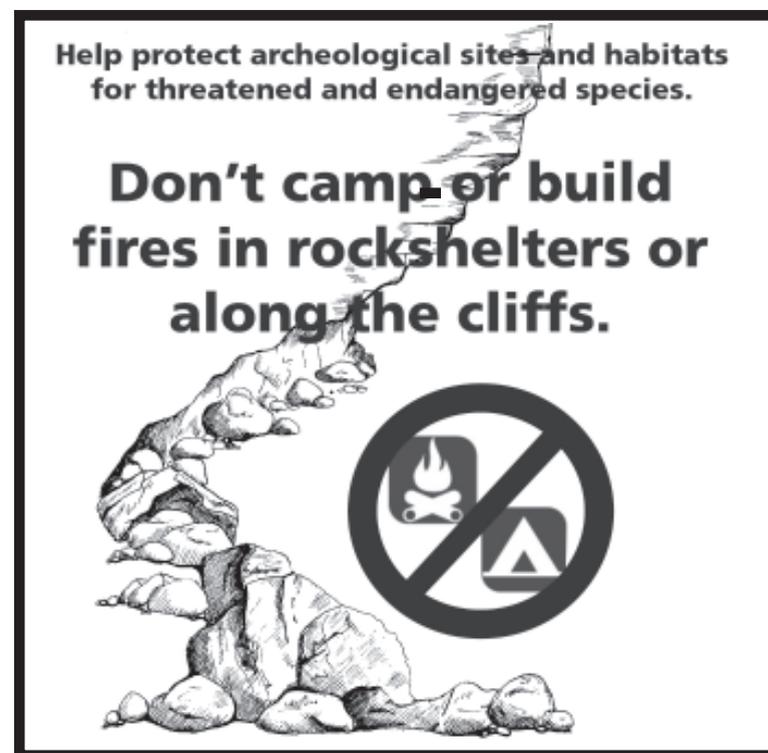
In the Darrow Ridge area of Big South Fork work continues toward the development of the proposed experimental ATV trail and other hiking and horse trails. The Fentress County Road Department is working to improve a portion of Darrow Ridge Road leading into the park. Once the access is improved, researchers and volunteers will work to complete the natural and cultural resource surveys necessary to finalize the environmental clearance required to build the new trail. Following completion of the environmental compliance, park officials can then begin work on securing the funds needed to actually construct the ATV trail and other hiking and horse trails.

Other efforts this year will focus on redirecting trail usage to match the use type identified in the General Management Plan through the continued installation of the park's approved trail blazing system. For example, the section of trail from Terry Cemetery to Maude's Crack, formerly used by horseback riders, is now a hiking trail and is blazed with the approved hiking symbol, and the

section of Fork Ridge Road beyond the Charit Creek Trailhead which had been used by vehicles will now be blazed and managed as a horse trail.

In some cases, barricades may be required to prevent the use of a trail in a non-authorized manner. On the Bronco Overlook Trail, the horse trail uses an old road which is continuing to be driven by vehicles. In order to keep vehicles off the horse trail, a post will be installed in the center of the road which will keep vehicles from entering the road. Horses will continue to be allowed. In other areas, a gate may be used which will inhibit illegal trail usage, but will allow for emergency access by park staff.

It is important to remember the changes being implemented this year and for several years to come are all a part of the approved General Management Plan. These changes will result in a greater degree of protection for the park's natural and cultural resources as well as improvement of recreational opportunities throughout Big South Fork National River and Recreation Area.



Resource Protection Hotline Available

In order to increase the number of backcountry "eyes and ears" helping protect the park's valuable and often irreplaceable resources, a Resource Protection Hotline has recently been established.

Any park visitor or neighbor who witnesses what they believe to be an illegal activity such as digging arrowheads, poaching wildlife or harvesting plants is encouraged to call the Resource Protection Hotline at (423) 569-2404 ext 505. All information will be treated confidentially. No name or phone number will be required; however, persons wishing to leave contact information may do so.



Big South Fork Receives Funding to Hire Additional Employees in 2008

On August 25, 2006 – the 90th anniversary of the National Park Service – Secretary of the Interior Dirk Kempthorne launched the National Park Centennial Initiative to prepare national parks for another century of conservation, preservation and enjoyment.

As a part of the Centennial Initiative, Secretary of Interior Dirk Kempthorne and National Park Service Director Mary Bomar recently unveiled a report entitled, “The Future of America’s National Parks.” In this report Kempthorne wrote, “Parks teach and inspire. Parks are America the beautiful...the cultural...the historical.” He explained the 100th anniversary should be a time to celebrate accomplishments achieved through goals with boldness and vision. The National Park Service will:

- lead America in preserving and restoring treasured resources;
- demonstrate environmental leadership;
- offer superior recreational experiences;
- foster exceptional learning opportunities that connect people to parks; and
- be managed with excellence.

Big South Fork National River and Recreation Area (NRRRA) Superintendent Reed Detring is pleased to announce that the Centennial Initiative will have a positive impact on the Big South Fork area leading to an increase in the parks budget of almost \$250,000. That entire sum will be directed toward the hiring of additional seasonal staff who will be out in Big South Fork to provide increased service and information to park visitors, as well as to increase protection of this area’s natural and cultural resources.

Through the Centennial Initiative funding, Big South Fork NRRRA will fill over 20 seasonal positions this summer. These seasonal positions will include people to work on park trails and other maintenance-related activities, people who will work at the park’s visitor centers and interpretive sites such as Blue Heron, and people who will serve as generalist rangers doing everything from trail patrols to staffing the park’s campgrounds. In addition to those positions filled through the Centennial Initiative, the park will also be hiring 4 – 5 lifeguards to work between Memorial Day and Labor Day at the Bandy Creek pool.

Superintendent Detring has said “As always, the park will be striving to hire people who reflect the diversity of the American culture, people who are from all parts of the nation, people who love the outdoors and people who want to be a part of the National Park Service family.”



Active gas well. NPS photo.



Inactive oil well. NPS photo.

Oil and Gas Safety at Big South Fork National River and Recreation Area

By Etta Spradlin, Oil and Gas Technician, Resource Management Division

The slow, steady sound of an oil well pumping is a sound that is familiar to many people who live in this area. Oil and gas drilling boomed in Scott County, Tennessee, in the 1970s and 1980s with some of the first wells in the state being drilled just west of Oneida. Over 300 of these wells were included in the boundary of Big South Fork National River and Recreation Area. Although several of the wells in the park have been plugged and reclaimed, many are still in production, supplying crude oil and natural gas for consumption.

Most of the areas in the park that have oil and gas operations are not close to established roads and trails. Those that are adjacent to roads and trails usually go unnoticed. Visitors who are on foot off the blazed roads and trails are more likely to come across an overgrown access road to a well that has been inactive for many years. There are areas in the park that have producing wells with maintained access roads, but access to these areas are restricted to the oil and gas companies and those wishing to access the area on foot.

There are several types of wells in the park. Abandoned open holes are wells that were drilled and were determined to be dry. These wells are required to be plugged and reclaimed under Tennessee Oil and Gas Regulations, and park staff are currently working with the state to provide funding to plug these wells. Do not drop anything down the hole, as tempting as it may be. This can cause obstructions that can hinder the future plugging and reclamation of these wells.

Inactive wells are wells that have the potential for production or have been in production in the past. Valves and production lines are often left in place on these wells and are sometimes subject to vandalism. Opening valves or damaging production lines can result in oil or gas being released to the environment. Equipment on these wells is often severely rusted. What may seem like a curious turn of a knob may result in an open valve that cannot be shut, releasing high pressure, flammable vapors or crude oil.

Active wells are producing oil and gas that is being sold on the market. Product is flowing through gathering lines to gas metering stations or to oil tank batteries. These wells have working pieces of equipment that can be dangerous. Gas gathering lines are usually made of orange plastic and can easily be damaged, thereby causing extremely high pressure gas flows or ignition with the smallest flame, spark, or static discharge. Although oil and gas regulations state that gas lines must be buried, they often lay on the ground along access roads to a point where the product is sold to the market. Oil well pump motors are powered by electricity, or gasoline, or they may be run by the natural gas produced at the well. Gasoline and natural gas powered motors must be turned off and on manually. Electric motors on pumpjacks are often set on timers that start the motors automatically and without warning. Remember, all moving parts can crush and break fingers, arms, legs and toes that are too close.

Please contact Etta Spradlin, Oil and Gas Technician in the Resource Management Division, if you see any spills or leaks or note any safety issues related to oil and gas. The phone number is (423)569-2404, ext. 254.



Cumberland Falls State Park

The “Niagara of the South” is often used to describe Cumberland Falls State Resort Park. Imagine the breathtaking beauty of a waterfall plunging 60 ft into a boulder-strewn gorge. The mist rising from the base of the falls creates the magic of a moonbow, a phenomena only visible at a few places in the world. A moonbow is a rainbow at night created by moonlight refracted from a water droplet. On a clear night a moonbow can be seen about two nights before a full moon until about two days after.

The park is a nature lover's retreat with about 20 miles of hiking trails to explore. Eagle Falls Trail is a hikers' favorite, which treks you through the Cumberland Falls Nature Preserve; at the end of your journey you will be renewed by the sight of Eagle Falls. A stop by the Cumberland Falls Visitor Center will enlighten the visitor about the geology, history, trail system and recreation opportunities of the park.

Guests can stay in the historic Dupont Lodge built of native sandstone and hemlock beams. Fifty- two rooms offer beautiful views and full amenities. The lodge dining room has beautiful views of the Cumberland River Gorge. The dining room serves Kentucky cuisine for breakfast, lunch, and dinner daily. For the vacationer who prefers all the comforts of home, choose one of 24 cottages. The one and two bedroom cottages feature stone fireplaces and private views into the woodlands. Tableware, cooking utensils and linens are provided. For the traveler who prefers to sleep in a tent or RV, enjoy the outdoors in a 50-site campground, featuring electric and water hookups. Kentucky handmade crafts can be purchased at the park gift shop located near the falls.

Outdoor recreation opportunities abound, such as canoeing and whitewater rafting with Sheltoewe Trace Outfitters (1-800-541-RAFT). Cool off on a hot summer day with a dip in an Olympic-size pool. Guided horseback trail rides are available daily from Memorial Day through Labor Day. If fishing is more your style, the Cumberland River is home for bass, catfish, and panfish.

Park guests can also enjoy year around interpretive programs focusing on the cultural and natural history of the park. During the summer months, recreation programs are planned daily. Folk dancing has been a long standing tradition at Cumberland Falls. Line, folk, and square dancing are taught several nights a week from Memorial Day through Labor Day. Many other diverse activities are conducted such as crafts, games, outdoor skills and guided walks.

Cumberland Falls has been a resort since the 1870s. The affluent traveled to Cumberland Falls by horse and wagon to reach the old inn that used to sit above the falls. For over one hundred years, vacationers to honeymooners have traveled to enjoy the park's beauty. Your trip to eastern Kentucky would not be complete without a visit to Cumberland Falls.

Several special events are planned throughout the year. Call Cumberland Falls State Park for more information at (606) 528-4121.

Discover Pickett State Park

The Glow Worms of Hazard Cave

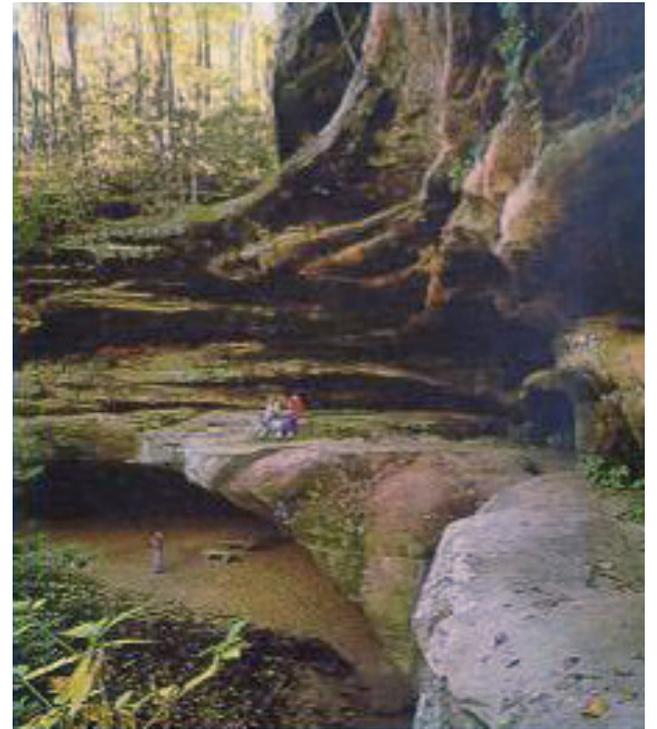
Throughout the Big South Fork area there are numerous sights to see. Pickett State Park is our next door neighbor and is located about 20 minutes away from the Bandy Creek Visitor Center. Pickett State Park offers a wealth of scenic treasures for the day hiker, casual stroller, serious backpacker and overnight camper. Cabins are even available to rent throughout the year.

A fascinating aspect of this natural area is a glowworm that inhabits Hazard Cave and nearby overhanging, sandstone rock bluffs. Hazard

Cave is not considered to be a true cave. True caves are areas where no light can penetrate. Geologists often call these “caves” rock shelters instead. Within these rock shelters there exists a larva of the fungus gnat (*Diptera mycetophilidae*). This larva has been found in the Appalachian mountains of North Carolina, Pickett State Park, and at a few locations within the Big South Fork, as well as in a cave named Luminous Cave in Claiborne County, Tennessee. Until recent times, there was only one other place to find these creatures, which was New Zealand.

The “glowworms” may be viewed at night in the furthest reaches of Hazard Cave only when you turn off your flashlight and sit patiently while your eyes become adjusted to the darkness. Slowly you will begin to see their dim, bluish-green glow as if a magical city were appearing before your eyes.

Park staff will lead you to see these minute creatures during evening programs held during the summer months. Check with the Pickett State Park offices for times and dates of these and other naturalist programs by calling (931) 879-5821.



Discover Historic Rugby - Big South Fork's Southern Neighbor

Historic Rugby is a non-profit museum and historic site founded in 1966 to carry out the restoration, preservation, and interpretation of one of the South's most intriguing historic places. Guided interpretive tours of the public buildings are conducted daily except on Thanksgiving Day, Christmas Eve, Christmas Day and New Year's Day.

Many special events, craft and outdoor workshops, and other educational programs are presented year-round. The Rugby colony was established in 1880 by famous British author and social reformer Thomas Hughes as a social and agricultural utopia. Twenty historic buildings remain today. Rugby is again growing as new “colonists” build historically compatible homes based on the original town plan. The entire Rugby village was named to the National Register of Historic Places in 1972. Historic Rugby is directly adjacent to Big South Fork, 16 miles from Jamestown and 24 miles from Oneida. Unique lodging in historic buildings and food service at the Harrow Road Café is available year round.

Call Historic Rugby toll-free at 1-888-214-3400 or (423) 628-2441 for reservations and lodging.
Email: rugbylegacy@highland.net
Website: www.historicrugby.org

