



Recreation Wonderland

The Official Visitor's Guide to the Big South Fork

Welcome to the Big South Fork National River and Recreation Area. We know you are going to enjoy seeing the seasons change during your visit here this fall and winter.

This news guide is designed to help you discover, plan your stay, and enjoy everything your Big South Fork National River and Recreation Area has to offer. Everyone who comes will be seeking their own connection to their park so we have designed the 2014 Fall/Winter paper around some of the park's natural features available to you. The temperatures will be comfortable for hiking, leaf viewing, horseback riding, mountain biking and more, and vibrant colors and expansive views await you.

Big South Fork is situated in a temperate region with a vast diversity of hardwood trees which makes it a perfect place to watch the seasons change. Fall color peaks in late October, and once the leaves are gone, the views and ice sculptures paint the landscape. Wildlife are busy preparing for the winter and the shorter days keep them active later into the mornings and bring them out earlier in the afternoons so that they are seen more frequently.

Take some time while you are here to hike some of 400 plus miles of trails, or you can bring your horse or mountain bike to enjoy your journey through the forest. If you would like to learn more about the park, and its resources, talk to a ranger at one of our visitor centers or join us on a ranger-led program. Take the opportunity to read this guide so you can make the best use of your time while in this special place called Big South Fork.



Welcome to the Big South Fork National River and Recreation Area!

Welcome to Big South Fork National River and Recreation Area! The Big South Fork is open and visited year-round, but many who come here like to pick a favorite season. Autumn and winter seasons certainly have their own beauty and draw a large audience. The park receives its highest number of visitors in the fall because of the diversity of hardwood trees displaying their colorful foliage and the pleasant temperatures. Conversely, winter traditionally receives the lowest visitation numbers, and offers great views and exceptional recreational opportunities.

I truly love the fall and winter seasons. Sitting around a campfire on a crisp night just seems more comfortable than a warm humid evening. Being snuggled up in the warm tent or trailer is a great experience before awaking in the morning chill to see the fall colors or ice sculptures on the rock shelters, through the steam rising off my morning coffee. Hiking, hunting, riding, rafting, climbing, and sightseeing are all great activities enjoyed during these seasons and the mild to cool daytime highs make more strenuous activities more comfortable (there are fewer bothersome insects).

You don't have to choose a favorite season. Like me, you can enjoy each season for the beauty it offers, but Big South Fork is definitely a showcase for them all. I hope to see you in the park soon.

Niki Stephanie Nicholas
Superintendent

6 Park Map

This map shows how to get to the most popular points of interest in our park.

10 Campgrounds 11 Hey Ranger!

Find a campsite near your destination in the park.

See what the commonly asked questions are for the park. See if your questions are answered here.



National Park Service
U.S. Department of the Interior

Big South Fork National River and Recreation Area

Mailing Address

4564 Leatherwood Rd
Oneida, TN 37841

E-mail

biso_information@nps.gov

Fax Number

423-569-5505

Park Headquarters

423-569-9778



STAY CONNECTED WITH US

Follow us on Twitter @BigSouthForkNRR

Like us on Facebook as **Big South Fork NRRRA**

Visit our website at www.nps.gov/biso

The National Park Service cares for the special places saved by the American people so that all may experience our heritage.



Events Calendar

All events are Eastern Time. All interpretive programs are subject to change.

Contact Bandy Creek Visitor Center at (423) 286-7275 (PARK) or the Blue Heron Interpretive Center at (606) 376-3787 or (606) 376-5073 for program details.

ASTRONOMY PROGRAMS

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

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

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

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

BLUE HERON GHOST TRAIN - SEPTEMBER 6

Blue Heron Mining Community

The Third Annual Blue Heron Ghost Train is sponsored by Big South Fork in cooperation with the Big South Fork Scenic Railway, McCreary County Library and the McCreary County Performing Arts Council.

STORYTELLING FESTIVAL - SEPTEMBER 20

Bandy Creek Area starting at 10:00 a.m.

--Dulcimer Workshop

Bring your own dulcimer and learn to play a tune. Beginners' sessions will be held on the hour beginning at 10:00 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 the day of the classes.

--Craft Workshops

Learn about some old time crafts of the region through classes, demonstrations and sales. Crafts offered may include candlewicking, wood carving, needle felting, survival skills and basket making. Classes will be scheduled throughout the day beginning at 10:00 a.m. and ending at 5:00 p.m. Some classes are up to four hours in length. To check on classes that will be offered call Bandy Creek Visitor Center at (423) 286-7275.

--Storytelling Presentations

Presentations such as family-oriented stories and special local tellers will take place throughout the day. Concerts by the Knoxville Area Dulcimer Club as well as Great Day in the Morning will be performing during the day. Check event flyer for times and locations.

NATIONAL PUBLIC LANDS DAY - SEPTEMBER 27

Volunteers will be working on hiking, biking, horse and multiple-use trails. Public Lands Day is an annual event traditionally held on the last Saturday in September. 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, or online at www.publiclandsday.org.

CLOSURES FOR WINTER SEASON

The following areas will close on the dates listed. For more information, please contact us at (423) 286-7275 or by email at biso_information@nps.gov.

- Bandy Creek Group Camps November 17, 2014
- Blue Heron Campground December 1, 2014
- Bandy Creek Loops A, B, and C December 1, 2014
- Bear Creek Horse Camp December 1, 2014
- Station Camp Horse Camp December 1, 2014

BANDY CREEK LOOP D IS OPEN YEAR ROUND.

OPENING DATES FOR SPRING

The following areas will open for the season on the dates listed. For more information, please contact us at (423) 286-7275 or by email at biso_information@nps.gov.

- Bandy Creek Group Camps April 1, 2015
- Blue Heron Campground April 1, 2015
- Bandy Creek Loops A, B, and C April 1, 2015



Fee Free Days at Big South Fork

Rough economic times call for economical fun, and you can't beat America's 401 national parks for family time, fresh air, and opportunities to learn about our great country. Every day there are more than 200 national parks that never charge an entrance fee. Find one close to you at www.nps.gov.

Although Big South Fork does not collect entrance fees, we do have user fees. The park will have fee free days for backcountry camping and camping at Alum Ford Campground. Permits will still be required, but there will be no charge. The following dates are the official fee free days of 2014:

September 27 -- National Public Lands Day
November 11 -- Veterans Day

Fee Free Days for 2015 will be announced in late December.



Be a part of our team... Become a Volunteer

For information on how you can become a National Park Service Volunteer, contact the Volunteer Coordinator at (423) 569-9778 or email us at biso_information@nps.gov. Visit us online at www.nps.gov/biso/supportyourpark/volunteer.htm to see all of the wonderful opportunities that are available.



Weddings in the Park



Special events such as weddings, foot races, and endurance rides require a special use permit. If you need more information about how to obtain a special use permit, contact the Fee Program Manager, Letitia Neal, at 423-569-2404, ext. 267, or by email at tish_neal@nps.gov. Information can also be found on our website at www.nps.gov/biso/planyourvisit/permits.htm.

User Fees of Big South Fork NRA

CAMPING FEES

| | | |
|--|----------|--------------------------------|
| BANDY CREEK CAMPGROUND | | |
| ELECTRIC HOOK-UPS | 96 SITES | \$22.00-NIGHT (6 PERSON MAX.)* |
| NON-HOOK UPS | 49 SITES | \$19.00-NIGHT (6 PERSON MAX.)* |
| GROUP CAMP | 2 SITES | \$100.00-NIGHT (25 PERSONS)* |
| (\$3.00 additional per person per night) | | |

| | | |
|-----------------------|----------|--------------------------------|
| BLUE HERON CAMPGROUND | | |
| ALL SITES | 45 SITES | \$17.00-NIGHT (6 PERSON MAX.)* |

| | | |
|----------------------|---------|-------------------------------|
| ALUM FORD CAMPGROUND | | |
| ALL SITES | 6 SITES | \$5.00-NIGHT (6 PERSON MAX.)* |

BANDY CREEK POOL FEES

| | |
|--|-------------------------------------|
| ADULT | \$3.00 – PERSON* |
| CHILD (6 to 12 years old) | \$2.00 – PERSON |
| CHILD (5 and UNDER) | FREE |
| INDIVIDUAL SEASON POOL PASS* | \$25.00 |
| AFTERHOURS RENTAL | \$25.00 - PER HOUR up to 25 persons |
| <i>A special use permit is required for groups of more than 25 persons</i> | |

CAMPGROUND FACILITY USE BY NON-CAMPERS

| | |
|-------------------------------|----------------------------------|
| DUMP STATION | \$5.00 – VEHICLE* |
| SHOWERS | \$2.00 – PERSON* |
| F-LOOP SHELTER (DAY USE ONLY) | \$10.00-DAY (non-refundable fee) |
| POOL SHELTER (DAY USE ONLY) | \$20.00-DAY (non-refundable fee) |

PERMITS

| | |
|-----------------------------|----------|
| BACKCOUNTRY CAMPING PERMITS | |
| 1 to 6 person(s) | \$5.00* |
| 7 to 12 persons | \$10.00* |
| 13 to 18 persons | \$15.00* |
| 19 to 24 persons | \$20.00* |

| | |
|-------------|----------------|
| HOG PERMITS | \$5.00*/PERSON |
|-------------|----------------|



PASSES

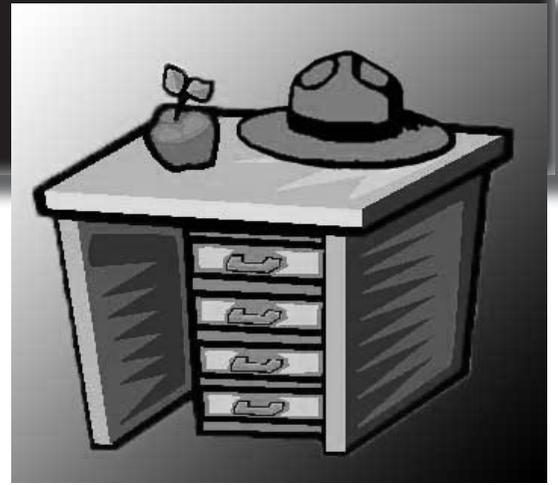
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| INTERAGENCY SENIOR PASS | \$10.00 ONE TIME FEE |
| INTERAGENCY ACCESS PASS | FREE WITH PROOF OF DISABILITY |
| INTERAGENCY PARK PASS | \$80.00 |
| INTERAGENCY MILITARY PASS | FREE WITH PROOF OF ACTIVE MILITARY DUTY |

GET YOUR INTERAGENCY PASS ONLINE AT store.usgs.gov/pa or at one of our visitor centers.



*Holders of the Interagency Golden Age/Access Passports pay only half the fee.

For Teachers



Are you a teacher looking for new ways to motivate and inspire your students? How would you like to have a water fall for your classroom or give a lesson about Native Americans while holding class under a rock shelter once used by these early peoples? Resources such as these are available to you and your students here at the Big South Fork National River and Recreation Area. Education is a central part of the mission of the National Park Service, and a world of unique resources await you here. Teachers are encouraged to make the Big South Fork part of their lesson planning. Educators are welcome to plan a trip to Big South Fork on their own or schedule time with rangers at the park to get the most from their visit.



The National Park Rangers at Big South Fork love to share their knowledge of the flora, fauna, culture and history of the park with students. Their unique perspective can help students establish a connection with the resources of the park. This serves to reinforce the information teachers are presenting in the classroom. Rangers have numerous programs that can be presented and can work with teachers to customize these programs to fit particular curriculum goals. Resources are available now on the "For Teachers" page on the Big South Fork website at www.nps.gov/biso. Teachers can get some valuable ideas on how they can incorporate the park into their lesson planning.

The entire Big South Fork has always been available as an outdoor classroom, but new this year is the indoor classroom in the Interpretation and Education building at Bandy Creek. This room can be scheduled as part of a field trip to Big South Fork. The classroom can accommodate an entire class of students and offers tables, chairs, a projection screen, dry erase board and wi-fi. As the result of a generous grant received from the National Park Foundation, the room will soon be equipped with a smart board for use in conducting educational programs.



Teachers are encouraged to call Big South Fork Education Specialist Howard Duncan to discuss ways the National Park Service can work with local teachers to enhance their classroom activities. With a little creativity and imagination almost any subject matter can be incorporated into a visit to Big South Fork. Ranger Duncan can be reached at 423-286-7275 or by email at: howard_duncan@nps.gov.

LESSONS CURRENTLY AVAILABLE ONLINE:

- Plants and Animals
- Water Cycle
- Civil War Lecture Series
- Fossils
- Insects and Water Quality
- Plant Reproduction
- Truss Bridge (Geometry)

Scan this code to access the website **For Teachers**



Cold-Weather Hiking: Staying Warm, Comfortable, and Healthy

by Bill Herman, Park Ranger

Why not give day-hiking on a cold winter day at Big South Fork National River and Recreation Area a try? It's a great time of year to enjoy your favorite trail. Many park visitors consider winter to be one of the best seasons to experience hiking. Shadows, scenery, and solitude are a few special allures of winter here on the Cumberland Plateau. The angle of the sun's rays in the dead of winter can create vivid images highlighting the many curves and edges of trees, sandstone cliffs, and rock houses. The quiet is amazing when the Cumberland Plateau becomes shrouded in a light blanket of softened snow. The only sounds you may hear are those of your boots crunching through a blanket of white snow and that of the fallen leaves lying beneath it. Winter also means fewer people heading for the trails making it the best time of the year to find the joy of solitude on an empty trail.

Winter, with its lower temperatures, also creates conditions that can pose risks for cold-weather injuries. Three common types of cold-weather injuries are frostbite, immersion foot, and hypothermia. Frostbite involves crystallization of skin and related tissues, hypothermia occurs when the core body temperatures reaches 35°F (95°F), and immersion foot is the result of long-term exposure to cold, wet conditions. These injuries are most often brought about as a result of improper clothing or from a sudden cooling due to immersion in cold water. The best defense against these injuries is to prepare and gain knowledge before you go. Once you figure it out, you will stay warmer, more comfortable, and much safer in the backcountry. In winter, clothing acts as insulation, which prevents body heat from escaping.

Here are a few suggestions on winter clothing to make your winter hike a more enjoyable one:

- **WEAR LOOSE CLOTHING IN LAYERS TO KEEP WARM.** When hiking in summer we inevitably get too hot and sweat a lot, and there's not much to be done about it, but the air is generally warm enough that becoming hypothermic is not a concern. With the temperature in the thirties or lower—sometimes much lower—it's a different situation. Sweating and then freezing is unhealthy. In cold weather you need to add a layer or drop a layer to find the right selection of clothing to achieve a balance between your exertion level, the air temperature, and wind level so that you stay warm but perspire minimally, if at all.

- **KEEP CLOTHING DRY TO KEEP WARM.** In cold weather and in exposed windy places, wet clothing is prone to freezing. Because water wicks

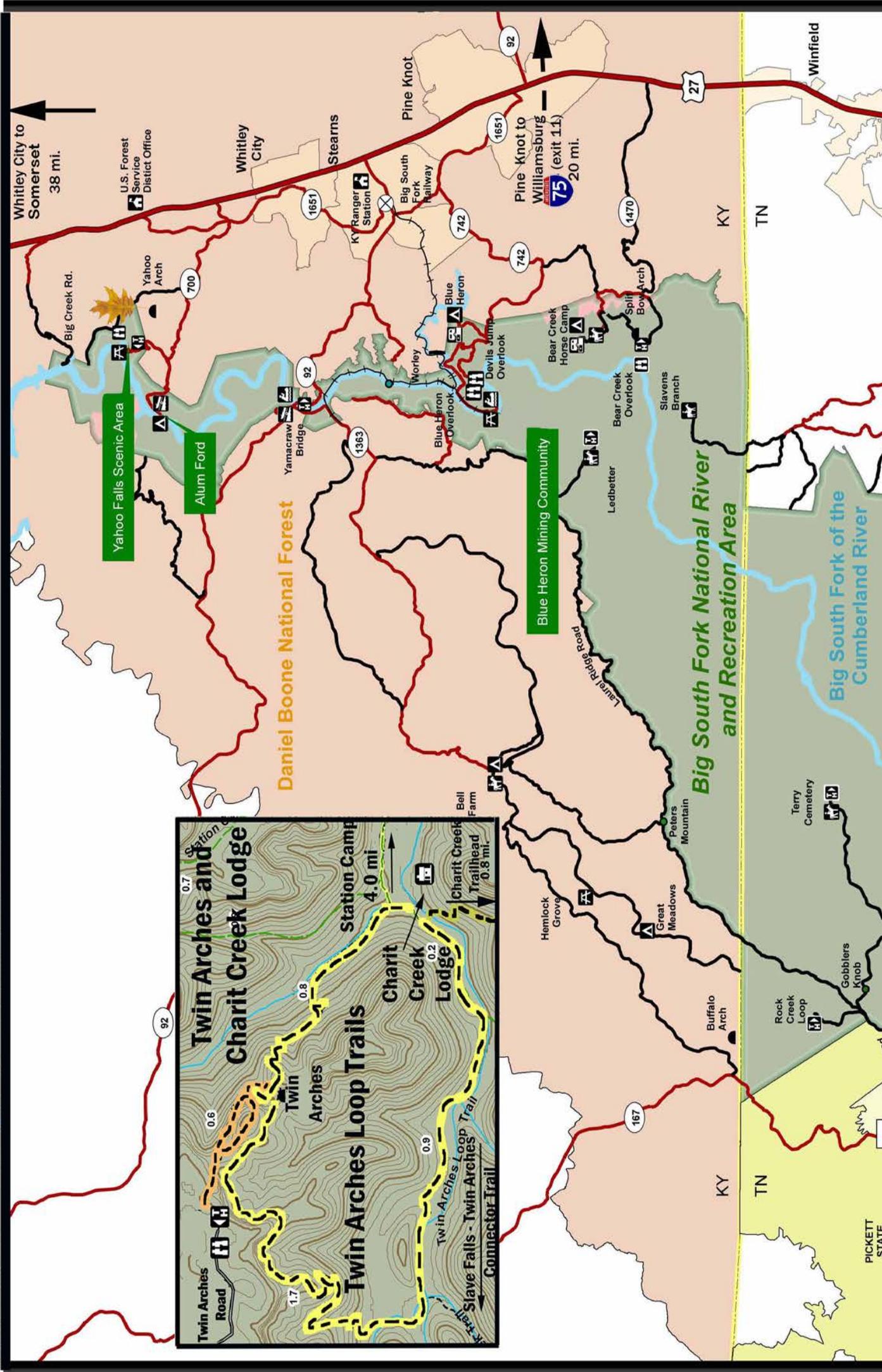
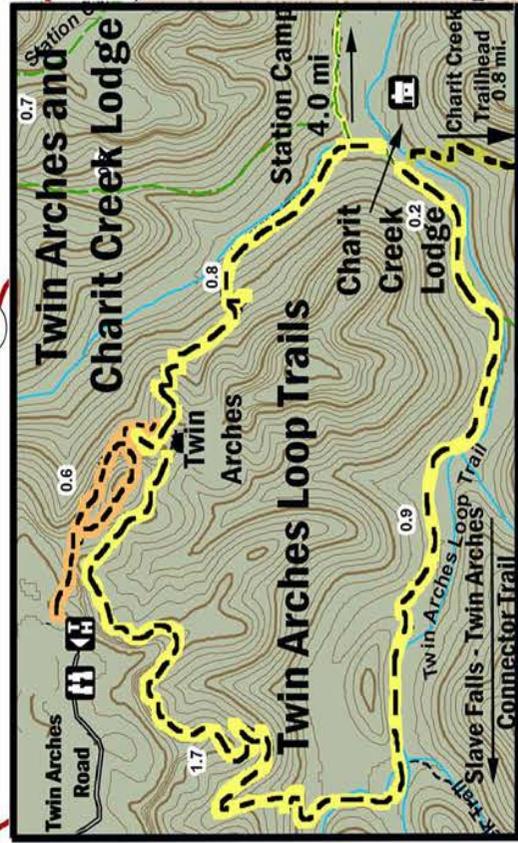
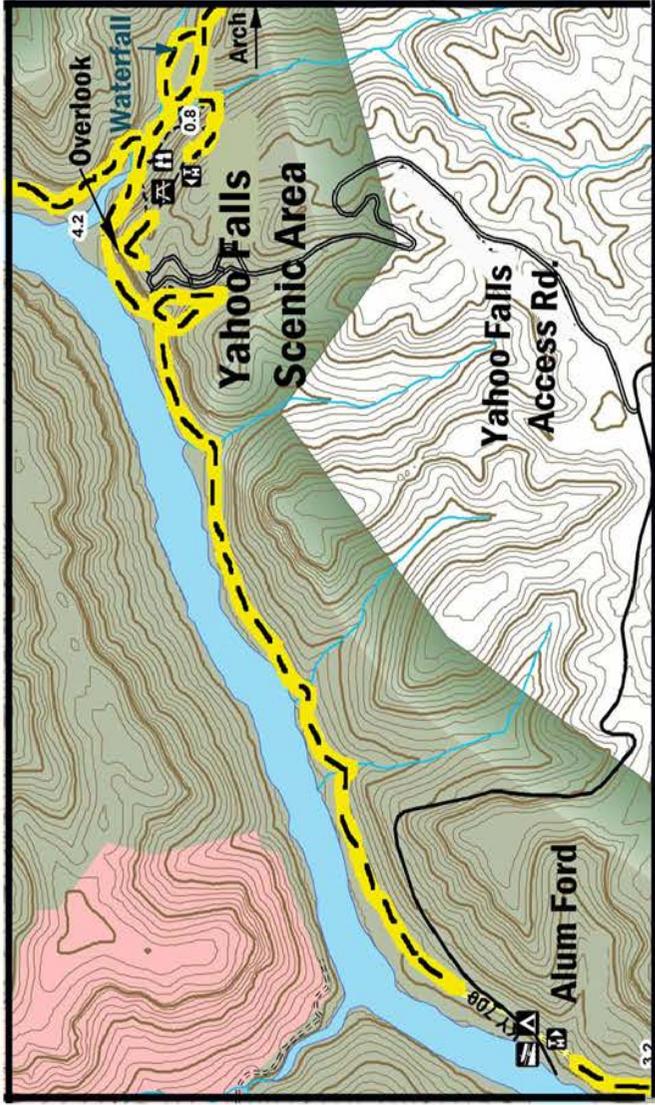
heat away from a human body eight times more efficiently as air does, wet clothes can bleed your body's warmth out faster than if the clothes were dry. Consider wearing breathable layers of clothing with wicking capabilities next to your skin.

- **SOCKS MADE SIMPLE.** In all types of winter footwear, feet perspire more and are generally less well ventilated than other parts of your body. Moisture accumulates in socks, decreasing their insulating quality and making feet prone to blistering and more susceptible to cold injury. Do not wear cotton socks in the winter, period. A cotton sock is for hot days. In cold weather, it is the worst sock you can have on your foot. Cotton gets wetter, stays wetter and is slower to dry than any other sock. Since your feet constantly perspire, bring several pairs of dry wool/wool blend socks with you. You should change wet or damp socks as soon as possible. You should also wear boots that provide an extra layer of insulation and repel moisture. They will help keep socks drier.

- **WANT WARM FEET? WEAR A HAT.** Did you know your head and neck can radiate over half of the heat your body produces? A hat is essential for keeping warm. The most important part of the body, the head, receives the greatest amount of blood and heat. Wearing a hat will help keep you from losing most of your heat.

Remember that layering your clothing is especially important when hiking during the winter. If you are sufficiently bundled, the exertion of hiking should keep you warm, comfortable, and reduce your risk of being a cold-weather casualty.







The Hunter's Dream: Hunting the Big South Fork

by Chelsea Lauber, Park Ranger

As days shorten, temperatures cool, and bucks lose their velvet, the itch to hunt drifts in like the changing of the fall colors. There is something so peaceful about waking before the birds have started their morning song, awaiting the sunrise to paint blues and pinks across the sky, and being a silent observer to the creation which awakens around you. Few National Park Service sites have an open hunting season, but here in Big South Fork National River and Recreation Area the rules are a little different.

Hunting within Big South Fork National River and Recreation Area allows visitors the recreational pleasure and also sustains a more generally stable population of wildlife. Dramatic fluctuations within predator/prey populations do cause serious side effects. For example, an over population of white-tailed deer may cause traffic accidents, Lyme disease transmission, and impacts on plants in the forest understory. Hunting is used nation-wide as a means of wildlife conservation; however, there are few national parks that allow this method.

Big South Fork has open hunting seasons on wild hog, white-tailed deer, American turkey, small game, game birds, and those furbearers. The regulations within the park boundaries follow the respective state regulations, except for wild hog. You must have the appropriate license for the state in which you are hunting.

So, if your idea of “getting away” is an early morning sit in a tree stand or ground blind, come on out to Big South Fork National River and Recreation Area and see what hunting is really about.

For specific hunting regulations please visit:

Big South Fork NRR: www.nps.gov/biso; 423-286-7275 (TN) or 606-376-5073 (KY)

Kentucky Fish & Wildlife: www.fw.ky.gov; 1-800-262-6704

Tennessee Wildlife Resource Agency: www.tnwildlife.org; 1-800-858-1549

Why Leaves Change Color in Fall

by Miriam Matthias, Park Guide

An American myth holds that leaves turn red in fall because heavenly hunters have killed a great celestial bear and his blood is dripping on the trees. The yellow in the leaves, according to the tale, was the result of fat spattering out of the kettle as the hunters cook the bear meat.

Legends aside, just how do leaves get their colors? Typically from early spring to late summer, leaves are characteristically green because they contain significant amounts of green pigments called chlorophylls. The primary function of this ever-so- plentiful green-colored pigment is to absorb energy from sunlight and use it to transform carbon dioxide and water into carbohydrates, such as sugar and starch. Sugar is the primary source of nourishment for trees.

Other color producing pigments may also be present in the leaves throughout all or most of the lifespan of a tree. However, their colors are often overpowered by the more dominant chlorophylls. Carotenoid pigments— yellows, browns, oranges and their many variations – are in the leaves throughout the growing season. On the other hand, anthocyanin pigments— reds, purples and their blends—come along in the late summer as a result of several other influences. As pigments go about providing food for their host tree, the chlorophylls are used up and replenished in an endless cycle. This process results in leaves remaining green as long as replacement of this type of pigment keeps pace with consumption and at a rate high enough to hide the colors of the other pigments.

During the fall season the rate at which chlorophyll breaks down begins to exceed the rate at which is manufactured. This reduction is due to a wide array of influences including the strength and length of sunlight, amount of available moisture, decreased temperature, and the formation of a layer of cells at the base of the leaf. This specific layer of cells effectively blocks off food and water to the leaf setting the stage for the separation of a leaf from its branch.

As fall season continues, other pigments become more visible as green chlorophylls diminish. At the same time, chemicals and nutrients are also being diverted from leaves to other parts of the tree for storage and use next spring. When there are more sugars in the leaf than can be transferred, the result is the production of another type of pigment called anthocyanin. It is known for its red-purple color.

The depth of the color of the leaves will often vary from tree to tree, and sometimes even between portions of the same tree, because of the differences in leaf exposure to sunlight and other factors. There also may be different colors on the side of the same leaf for this reason. These variations of colors result in a forest in the fall that is flooded with the soft and glowing beauty made up crimson-red, cinnamon-brown, and lemon-yellow colors flowing through each of the leaves.

Bear Experiences

by Dave Carney, Chief of Interpretation and Education

Nowadays, seeing large mammals is a special occasion. Seeing these large animals outside of captivity is an increasingly rare treat. That fact makes visiting natural national park sites like Big South Fork even more special. As the seasons transition from summer into fall, this can be the best time to see some of these animals as they prepare for the winter. Seeing a black bear at the Big South Fork in the autumn months is just that type of example.

Although I grew up in an area that had black bears and had spent a lot of time outdoors, I did not see my first wild black bear until I was as an adult. Until that time, I had only seen captive black bears in places like zoos. I still remember the mixture of fear and excitement that I felt that day I saw my first black bear on a trail.

Before moving to Tennessee, I had heard from friends that they had been to the national parks in Tennessee and had seen bear. I was excited at the possibility that I might see one and planned to visit the parks and hike as much as possible so that I could have such an experience. Mixed with that excitement was a little fear. Every bear I had seen to that point had been through the safety of thick glass, fences, or other safety barriers. I really could not comprehend the idea of being in the woods with a bear with nothing separating us but open air and trees.

On my first visit to a national park that was home to a healthy black bear population, I spent hours talking to the park rangers at the visitor centers asking about bears, and I attended three different interpretive programs about bears. These rangers did everything they could to prepare me for my first experience, but all of their efforts did nothing to prepare me for how I would feel during my first encounter.

I had been in the area for over a month, and I had done a lot of hiking. The first three times I went hiking, I was on alert for bear around every corner. As the days and miles wore on, I started to relax and enjoy everything else in the woods until I almost entirely forgot about the bear. I went out one day on a four-mile loop hike that had no real destination other than to complete the loop. I was alone and about half way complete with the loop when I saw my first wild bear. He made almost no noise at all and suddenly appeared about forty yards in front of me on the trail. I had no reference at the time to judge its size, but I knew he was bigger than me. Today I would guess him at almost 300 pounds. The bear stopped in the middle of the trail and turned to face me. It was obvious that he just realized that I was there. He stood on his hind legs and sniffed the air which I took as a very threatening move at the time, but I've since learned that bears have poor eyesight and it was just trying to figure out what I was.

The whole experience lasted a total of three to four minutes before he ran into the woods. I was frozen in fear. I stood there taking short breaths. Sweat was running down my forehead and back, and my heart was racing. I was afraid to take a step in any direction. In my mind, I could not wait to tell my friends about the experience, and I wondered if the bear would come back to assure that I never told anyone.

Rangers told me that black bear can run 35 miles an hour and could climb any tree in the forest. Bears are omnivores and will hunt for food as well as searching for nuts and berries. If that bear had been hungry and decided that I looked tasty, there would have been little that I could have done to convince it otherwise. Fortunately for me, this bear had not lost its fear for humans because there was nothing but air and 40 yards of trail between us. My only



safety barrier at that moment was the one in the bear's head that told him to run from me.

There are around 400 black bears in the Big South Fork area, and the fall is a great time to look for them as they feed on the mast. For the most part, these bear are natural and wild with a healthy fear for people, and that makes for a great viewing experience. Enjoy your experience with the park's bear, but help us keep that natural safety barrier securely in their heads. Keep food away from the bears, report any bear sightings to a park ranger, and tell everyone about that time you saw that bear in Big South Fork National River and Recreation Area.

The National Park Service Arrowhead



The arrowhead is the official emblem of the National Park Service and is proudly displayed in the national parks. From building entrances to official vehicles and on the rangers' uniforms, the arrowhead proudly identifies National Park Service people and places. The emblem is designed to represent the plants, animals, land formations, water and history protected and preserved throughout the National Park system.

Campgrounds in our Park

Experience all that Big South Fork has to offer by staying a while. There are plenty of overnight lodging options to choose from. Whether you're camping with a big rig, RV, conversion van, fifth wheel, trailer or tent, we have the campsites to accommodate you. Most have hot water showers, restrooms, water hook-ups, electric hook-ups, and dump stations. Bandy Creek Campground and the Station Camp Horse Camps are located in the Tennessee portion of the park. Blue Heron Campground, Alum Ford Campground and Bear Creek Horse Camp are located on the Kentucky side of the park.



BANDY CREEK CAMPGROUND-TN

98 hook-up sites - \$22.00 per night

49 tent sites - \$19.00 per night

OPEN YEAR-ROUND

Reservation system period - April - October

Honor system period - November - March

Phone number: (423) 286-7275

Reservations: (877) 444-6777

Amenities:

- Hot water showers
- Playgrounds
- After Hours Registration
- 30/50 amp Electric Hook-Ups
- Dump Station
- Food Storage Lockers
- Clean Restrooms
- Picnic Pavilions
- Volleyball Court
- Recycling Bins
- Dishwashing Facilities
- Camp Store
- Parking Area
- Trails
- Visitor Center
- Credit Cards Accepted
- Vending Machines
- Swimming Pool

Area A offers 49 tent sites. Areas B, C and D offer 98 sites which have electric/water hookups. Restroom/bathhouse facilities are located in areas A, C and D which have hot showers and are handicapped accessible. There are three accessible campsites in area A and four campsites in area D.

Although area A has no electric hook-ups on each site, RVs, pop-ups, and horse trailers are permitted in sites A1 – A12. Sites A13 – A49 are restricted for tents only.

Horseback riders staying at Bandy Creek Campground need to make separate reservations for their horses at Bandy Creek Stables. The stables are located a short distance 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.

BLUE HERON CAMPGROUND-KY

45 hook-up sites - \$17.00 per night

Open April to November

Phone number: (423) 286-7275

Reservations: (877) 444-6777

Amenities:

- Hot water showers
- Playground
- Self Registration
- 30 amp Electric Hook-Ups
- Dump Station
- Food Storage Lockers
- Clean Restrooms
- Dishwashing Facility
- Trails
- Wildlife Viewing

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. Although a reservation system is in place, campers are still welcome on a first-come, first-served basis for unreserved campsites.

ALUM FORD CAMPGROUND-KY

6 primitive sites - \$5.00 per night

OPEN YEAR-ROUND

Phone number: (423) 286-7275

Amenities:

- Boat Ramp
- Self Registration
- Food Storage Lockers
- Parking Area
- Trails
- Wildlife Viewing

Alum Ford is a primitive campground and offers six campsites with a vault toilet facility. No drinking water is located at this area. Alum Ford also has a boat ramp. There are no fees to use the ramp.



BANDY CREEK GROUP CAMPS-TN

2 sites - \$75.00 per night for up to 25 persons, plus \$3.00 for each additional person.

Open April to November

Phone number: (423) 286-8368

Reservations: (877) 444-6777

Amenities:

- Hot water showers
- Playgrounds
- After Hours Registration
- 30/50 amp Electric Hook-Ups
- Dump Station
- Food Storage Lockers
- Campfire Circle
- Clean Restrooms
- Picnic Pavilions
- Volleyball Court
- Recycling Bins
- Dishwashing Facilities
- Camp Store
- Parking Area
- Trails
- Visitor Center
- Credit Cards Accepted
- Vending Machines
- Swimming Pool

Group Area E-1 and E-2 are for large groups. E-1 offers 19 campsites and E-2 offers 16 campsites. Each area has one accessible site. There are no electric/water hookups on each site. 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 and dishwashing facilities.

Reservations can be made for the group camp up to one year in advance by calling 1-877-444-6777 or by going online at www.recreation.gov.

STATION CAMP (TN) AND BEAR CREEK (KY) HORSE CAMPS

Station Camp - 24 sites

Bear Creek - 23 sites

Reservations: (423) 569-3321

Amenities:

- Hot water showers
- Electric Hook-Ups
- Dump Station
- Amphitheater
- Food Storage Lockers
- Clean Restrooms
- Trails
- Wildlife Viewing

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.



Hey Ranger!

Most commonly asked questions at Big South Fork....



Why shouldn't I throw away food scraps in my campfire?

Bears and other wild animals are attracted to food scraps and burned residue. Bears that become habituated to human food often stop foraging for food and are typically the animals that cause problems.

Can I camp in a rockshelter or historical buildings?

No. Park regulations have been established to protect the cultural and historical significance of these structures.

Where can I go to see the fall colors?

Overlooks in Tennessee and Kentucky as well as the Big South Fork Scenic Railway are good options.

Can I drink water out of the streams or river?

Yes, but you need to filter the water.

Do I need a backcountry permit to camp in the woods?

Yes. A permit can be acquired online at www.nps.gov/biso or at Bandy Creek Visitor Center, Park Headquarters (weekdays only), Blue Heron Visitor Center, Kentucky Visitor Center (weekends only), Rugby Visitor Center (weekends only), Crossville Visitor Center (weekends only).

Does the park operate in Central or Eastern Time zone?

All business hours and interpretive program schedules are set to Eastern Time.

What kinds of poisonous snakes live in the park?

Timber rattlesnakes and copperheads.

Is Big South Fork a National Park?

Yes. Big South Fork NRRRA is one of over 400 park lands managed by the National Park Service.

Where can I buy passes and permits?

You can purchase any of the Interagency passes or a backcountry permit at one of the visitor centers (see page 12 for locations and operational hours) or online.

Where does the Big South Fork River go?

The river flows north from Tennessee to Kentucky into Lake Cumberland.

How many bears are in the park?

The most recent scientific study indicates there are approximately 300 bears living in Big South Fork National River and Recreation Area and Daniel Boone National Forest.

When is the best time to see the fall colors?

Typically around mid-October, however the color change is dependent upon the weather all year long.

What trees change color?

Some of the most common are: maple, oak, yellow poplar, ash, and sycamore.

Can I bring my dog with me on the hiking and horse trails?

Yes. It needs to be leashed at all times.

When is the park open?

The park is open 24 hours daily. Sometimes a road is closed due to snow or ice. Hours of operations for visitor centers within the park are listed in this paper.

Can I hunt in the park?

Yes, although not in the safety zones. Please refer to our park website for hunting regulations.

How big is this park?

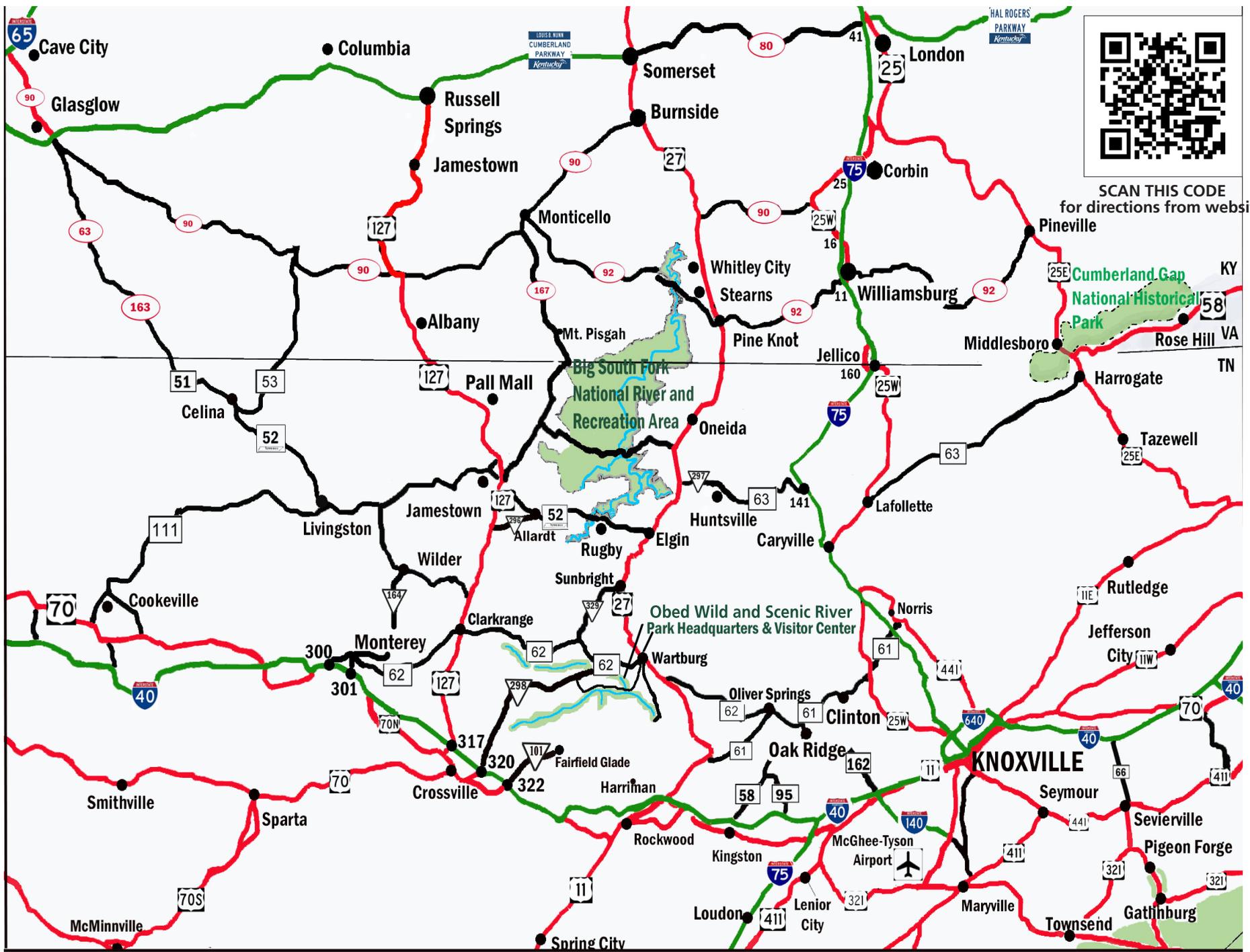
It encompasses over 125,000 acres across two states.

How can I get across the river at Leatherwood Ford with the low water bridge closed?

Park your vehicle at Leatherwood Ford and walk across the highway bridge. Then take the steps down to the trail.

Where can I buy gasoline if I'm in the Bandy Creek Area?

The closest gas stations are located in Oneida and Jamestown, TN. Both towns are about 20 miles from Bandy Creek.



SCAN THIS CODE
for directions from website

CONTACT STATION NUMBERS

Bandy Creek Visitor Center
151 Stable Road
Oneida, TN
(423) 286-7275 (PARK) -
9:00 a.m. to 5:00 p.m. ET daily.
Memorial Day through Labor Day
8:00 a.m. to 6:00 p.m. ET
Open daily. Closed Christmas day.

Rugby Visitor Contact Station
Historic Board of Aid Building
5517 Rugby Highway
Rugby, TN
423-628-2991
Memorial Day through September
9:00 a.m. to 5:00 p.m. ET
Saturdays and Sundays

Crossville Visitor Center
176 River Otter Drive
Crossville, TN 38571
(931) 787-1755
Open Year Round
9:00 a.m. to 5:00 p.m. CT
Saturdays and Sundays

Kentucky Contact Stations
Blue Heron Interpretive Center
8249 Mine 18 Rd
Strunk, KY
(606) 376-3787 Office
(606) 376-5073 Bookstore
9:00 a.m. - 5:00 p.m. ET
April through November

Kentucky Visitor Contact Station
300 Wilburn K Ross Highway
Stearns, KY
(606) 376-5652
Memorial Day through Labor Day
9:00 a.m. to 5:00 p.m. ET
Saturdays and Sundays

EMERGENCY NUMBERS

Kentucky
McCreary County Ambulance
(606) 376-5062
McCreary County Sheriff
(606) 376-2322

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

Pioneer Community Hospital of Scott
Oneida, TN
(423) 569-8521

Scott County Sheriff
Huntsville, TN
(423) 663-2245

Jamestown Regional Medical Center
Jamestown, TN
(931) 879-8171

Fentress County Ambulance
Jamestown, TN
(931) 879-8147

Fentress County Sheriff
Jamestown, TN
(931) 879-8142

POISON CONTROL
1-800-222-1222

PERMITTED OUTFITTERS

Sheltowee Trace Outfitters
River Trips
P.O. Box 1060
Whitley City, Kentucky 42653
1-800-541-RAFT or (606) 376-5567
www.ky-rafting.com

Big South Fork Outdoor Adventures
Wagon Rides
6170 Grave Hill Rd
Oneida, Tennessee 37841
(423) 286-3902
www.facebook.com/BSFOA

Southeast Pack Trips
Horse rides
299 Dewey Burke Rd
Jamestown, TN 38556
931-879-2260

CONCESSIONAIRES

Bandy Creek Stables
Horse Boarding, Camp Store and Wifi
(423) 286-7433
www.bandycreekstables.net

Big South Fork Scenic Railway
Ride the Train to Blue Heron
(800)-462-5664
www.bsfsry.com

**GRAB A SNACK AT THE BLUE HERON
CONCESSION STAND-OPEN EVERY
DAY THE TRAIN RUNS.**

Charit Creek Lodge
Overnight Lodging in the Backcountry
(865) 696-5611
www.ccl-bsf.com

Eastern National - (423) 286-7275
www.eparks.com/store

Station Camp and Bear Creek Horse
Camps - (423) 569-3321
www.bigsouthforkhorsecamps.com

**DIAL 911
for EMERGENCIES**