

Big South Fork National River & Recreation Area

The Official Visitors Guide to the Big South Fork

National Park Service
U.S. Department of the Interior

Spring/Summer Edition 2016



#FindYourPark

ONE HUNDRED YEARS. That's how long it's been since the National Park Service was established, through the NPS Organic Act. To celebrate the upcoming centennial anniversary, on August 25, 2016, Big South Fork is hosting myriad special events throughout the year.

This anniversary provides an opportunity to introduce the National Park Service to the next generation of visitors, supporters and advocates, to engage further with visitors who already know and love parks, and to reflect on the vast network of public lands and protected places set aside for all Americans.

The park will host many special events and ranger-led programs throughout the year to commemorate the centennial. You are invited to attend any, and all of the programs listed within this guide, or embark on an adventure of your own.

As you travel through Big South Fork NRA, share your experiences on your favorite social media site and tag #FindYourPark and #EveryKidinaPark. Read about other visitors' experiences at various parks across the nation. Maybe their connections will encourage you to discover a new place!



Burnt Mill Bridge



Family of black bears

There is much to celebrate this special year. Please stop by any of our Visitor Centers and talk with a park ranger to find out what's happening during your visit.

4 Hey Ranger!

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

8 Park Map

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

14 Campgrounds

Find a campsite near your destination in the park.

Welcome to Big South Fork National River & Recreation Area!

A visit to Big South Fork can be a colorful trip through time. Majestic cliff-lines offer panoramic views, as well as a kaleidoscope of color. Looking across the gorge at any particular time of day can reveal an array of hues and shades – even on cloudy days. I encourage you to take advantage of your time while visiting the park to see, and appreciate, all of the intricate details of the gorge and adjacent cliffs.

A visit to one of the early-1900s homesteads, with rustic farm houses scattered throughout the park, such as the Lora Blevins farm, or the Oscar Blevins farm place, can feel as though you've been transported to another century. On the Kentucky side of the park, visit the Blue Heron coal mining community to see what an early-to-mid 1900s coal mining community would have looked like, and how it functioned. The coal tipple is a highlight of the area with the accompanying tipple bridge a means to walk across the river and look up and down the river valley. This location is a great link between the geological and cultural features of the park. Let your imagination run freely as you tour these locations, frozen in time.

Don't let your visit to Big South Fork NRA be your only exposure to our nation's natural and cultural history. There are over 400 national parks across all 50 states, and 18 in Tennessee, and Kentucky, alone.

I encourage you to visit as many parks as you can so you too can Find Your Park.

Niki Stephanie Nicholas
Superintendent





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 NRR

Subscribe to our channel on YouTube

Big South Fork National River & Recreation Area

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.

Free WIFI is available at the Bandy Creek Visitor Center and Blue Heron Mining Community.



Events Calendar

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

SPRING PLANTING AND MUSIC FESTIVAL - APRIL 30

Bandy Creek Area 9:00 a.m. until 4:00 p.m. ET

Join in a celebration of spring at a 1920s era farm. Demonstrations of horse and mule drawn equipment, plowing, planting, music concerts, farm animals and tasks of the homemaker will be presented throughout the day at Bandy Creek, Lora Blevins homeplace and Oscar Blevins Farmsite. Food, craft demonstrations and sales items will also be available.

BLUE HERON DECORATION DAY - MAY 7

Blue Heron Area 12:00 p.m. until 4:30 p.m. ET

Big South Fork is proud to host the second annual Blue Heron homecoming event on Saturday, May 7th from 12:00 pm to 4:30 pm (ET). This event's focus is on inviting the friends and families that once lived and worked in the Blue Heron and surrounding communities to come home and reminisce with one another. The day will be accompanied by local music groups and there will be plenty of space for families to bring picnic lunches.

Families are encouraged to share photographs and stories to help the park tell the full story of Blue Heron. A staff member will be available to record stories or copy photographs with permission from the participating party.

NATIONAL TRAILS DAY - JUNE 4

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 on the first Saturday in June. Thousands of volunteers participate in work projects in national areas, parks and forests. If you would like to volunteer, contact Effie Houston for information at (423) 569-9778 or online at www.americanhiking.org.

ASTRONOMY PROGRAMS AT BANDY CREEK

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

May 28 - Solar Viewing 3:00 p.m. ET - Astronomy - 9:30 p.m. ET

July 2 - Astronomy - 9:30 p.m. ET

August 6 - Astronomy - 9:30 p.m. ET

September 3 - Astronomy - 9:30 p.m. ET

October 1 - Solar Viewing - 3:00 p.m. - Astronomy - 9:30 p.m. ET

BIG SOUTH FORK FILM PREMIER - AUGUST 27

Bandy Creek Visitor Center

Big South Fork National River and Recreation Area announces the premiere of its new park movie on Saturday, August 27, from 5:00 to 6:30 p.m. (ET) at the Bandy Creek Visitor Center. Visitors are encouraged to join park staff as they roll out the red carpet for an evening of live music, popcorn and refreshments and the unveiling of a truly unique short film.

BLUE HERON GHOST TRAIN - SEPTEMBER 10

Blue Heron Mining Community

The Sixth 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 17

Bandy Creek Area starting at 9:00 a.m. ET

The 24th annual "Haunting in the Hills" Storytelling Festival is scheduled for Saturday, September 17, 2016. Make plans now to join thousands of folks who will come to the Bandy Creek field and enjoy the beautiful Big South Fork National River and Recreation Area for a fun-filled day of stories, music, crafts and more. Craft classes and concerts are free and open to the public.

The featured tellers for 2016 are Madafo Lloyd Wilson, Fran Stallings, Priscilla Howe, and Linda Gorham.

Each year thousands of students in area schools get to experience dynamic storytelling programs by world renowned storytellers during festival outreach programs. Local schools will again have an opportunity to see these tellers in action during the week leading up to the event

NATIONAL PUBLIC LANDS DAY - SEPTEMBER 24

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 Effie Houston for further information at (423) 569-9778 or online at www.publiclandsday.org.

Become A Junior Ranger



Big South Fork has a Junior Ranger book and a badge for you to earn for your jacket or book bag. Kids from age 4 to 12 are invited to use this book to explore Big South Fork with Oscar, the river otter. Many activities will help you learn about animals, plants, rocks, rivers and a coal mining town.

Become A Volunteer

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



Fee Free Days at Big South Fork

On a variety of holidays, as well as the annual "National Park Week," entrance fees are waived at all national parks. Learn more about fee free days in the national parks at <http://www.nps.gov/findapark/feefreeparks.htm>.

Although Big South Fork does not collect entrance fees, we do have user fees. Fee free days include fee waivers for backcountry camping, swimming pool use, and camping at Alum Ford Campground. Permits will still be required, but there will be no charge when they are obtained at one of the park contact stations (see page 16).

The following dates are the official fee free days of 2016:

- January 18 - Martin Luther King, Jr. Day
- April 16-24 - National Park Week
- August 25-28 - National Park Service Birthday Weekend
- September 24 - National Public Lands Day
- November 11 - Veterans Day



Attention All 4th Graders!

If you are 10 years old or in fourth grade, you can participate in a fun online activity and receive a voucher for a free 4th Grade Annual Pass. Print out the voucher and take it with you and your family to a national park, where you can serve as an ambassador and introduce your family to the National Park System. This program, called Every Kid in a Park, begins September 1, 2015, and runs until August 30, 2016. National parks and other federal lands and waters all across America are excited to share their heritage with young people.



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. 240, or by email at tish_neal@nps.gov. Information can also be found on our website at <http://www.nps.gov/biso/planyourvisit/special-use-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)

BEAR CREEK HORSE CAMP

ALL SITES	22 SITES	\$28.00-NIGHT (6 PERSON MAX.)*
-----------	----------	--------------------------------

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)	\$25.00-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

INTERAGENCY SENIOR PASS (Age 62+)
\$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

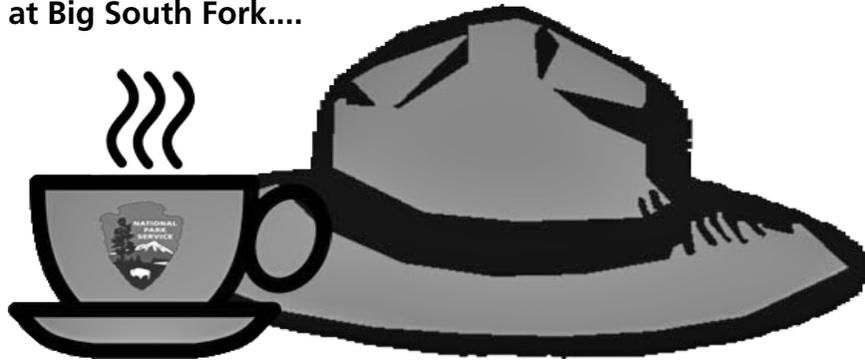


GET YOUR INTERAGENCY PASS ONLINE AT store.usgs.gov/pass/index.html or at one of our visitor centers.

*Holders of the Interagency Senior or Access Passports pay only half the fee.

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.

What are those trees with the two-foot long leaves?

Most likely the tree is either a Big Leaf Magnolia or an Umbrella Magnolia.

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. Backcountry camping permits are available online at <http://www.nps.gov/biso/planyourvisit/permits.htm>. Permits will also be sold at park visitor contact stations (see page 16) and at selected local vendors (see page 5). All locations will accept cash. In addition, the Bandy Creek Visitor Center can process credit card orders in person or over the phone.

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.

What kind of poisonous snakes live in the park?

Timber rattlesnakes and copperheads.

Is Big South Fork a National Park?

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

Where can I buy one of the Interagency Passes?

You can purchase any of the Interagency passes at one of the visitor centers (see page 16 for locations and operational hours) or online at <http://store.usgs.gov/pass/index.html>.

Where does the Big South Fork River flow?

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

Safety Tips

Keep safe and enjoy your trip to Big South Fork National River and Recreation Area by following these precautions:

- (1) Be aware that there are poisonous snakes (copperheads and timber rattlesnakes), ticks, chiggers, and poison ivy found here. 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) Plan ahead and 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. Obtain a permit online or at a park visitor center.
- (4) Store all food, food containers and coolers out of reach from wildlife. Hang food in the backcountry so bears cannot reach it. A copy of the food storage regulations can be obtained from the visitor centers or the campground kiosks.
- (5) Ticks and chiggers can cause irritating itchy bumps and sometimes a rash. Other insects like gnats, deer flies and mosquitoes can also be a nuisance while camping, horseback riding or hiking. Ticks can carry diseases. Protect yourself and your pets by using an insect repellent. Check yourself after being outdoors to remove ticks.

LOST AND FOUND

Report any lost items to rangers at Bandy Creek Visitor Center in Tennessee or at Blue Heron Interpretive Center in Kentucky. Found items should be turned in at the same locations.

RESOURCE PROTECTION HOTLINE AVAILABLE

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.

TRAILS CONDITION REPORTING HOTLINE AVAILABLE

Park visitors or neighbors are encouraged to report any trail conditions they find by calling the Trails Condition Reporting Hotline at (423) 569-2404, ext. 505.

Second Annual Photo Contest



**We want to see the Big South Fork
THROUGH YOUR EYES**

The National Park Service (NPS) invites photographers to submit entries for an exhibit at the Big South Fork National River and Recreation Area. The NPS is looking for striking digital images highlighting the spectacular views, historic sites, recreational opportunities, and diversity of life in the park. Images may show wildlife, plant life, natural landscapes, historic areas, weather, or people interacting with nature within the boundaries of the Big South Fork National River and Recreation Area. All photographs, except those submitted in the artistic category, should accurately reflect the subject matter and the scene as it appeared.

Photographs may be submitted into one of seven categories:

- **Action/Adventure** (photographs of people participating in recreational activities)
- **Artistic** (artistic compositions in nature both natural and manipulated in post processing)
- **Cultural** (photographs that illustrate historic or culturally significant structures)
- **Flora & Fauna** (animals in their natural habitat, including close-ups of invertebrates, or plants in their natural habitat, including close-ups of flowers, fungi, lichen, and algae)
- **Kentucky Landscapes** (expansive and dramatic views of the land and its features within the Kentucky park boundaries)
- **Tennessee Landscapes** (expansive and dramatic views of the land and its features within the Tennessee park boundaries)
- **Youth** (entries in any category by photographers under 18 years of age).

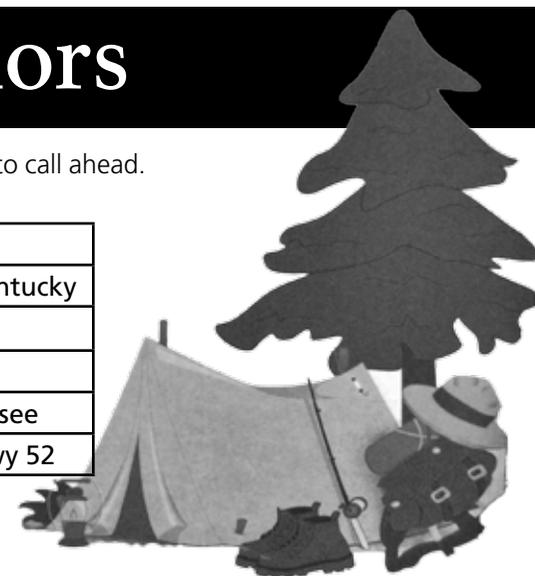
Entries will be judged on technical excellence, originality, creativity, visual impact, and artistic merit. Judges' decisions are final. Selected images will be printed for an exhibition at the Bandy Creek Visitor Center that will open on Saturday, September 3, 2016. Selected images may also be displayed on the internet and other venues.

Contest is open to all photographers except NPS employees and their immediate families and household members. Each person can only submit three photos into the competition. All photos must be in a digital format. Entries must be received no later than Friday, July 22, 2016. Each entry must be accompanied by a completed entry form with all information clearly filled out. Entry forms may be downloaded from <http://www.nps.gov/biso/planyourvisit/biso-photo-contest.htm>. Entries may be emailed to biso_information@nps.gov or dropped off at or mailed to the park headquarters at Big South Fork NRR, 4564 Leatherwood Road, Oneida, Tennessee 37841.

Backcountry Camping Permit Vendors

These vendors provide backcountry camping permits at their locations near the park. Hours of operation will vary so be sure to call ahead.

VENDOR NAME	LOCATION	PHONE NUMBER	LOCATION
One Stop	Whitley City, KY	606-376-9200	Intersection of Hwy 700 and US 27, Kentucky
McCreary County Tourism Office	Whitley City, KY	606-376-3008	Downtown Whitley City, Kentucky
Lil South Fork General Store	Stearns, KY	606-376-3229	West of Yamacraw Bridge, Kentucky
R&M Brooks	Rugby, TN	423-628-2533	West of Rugby on Rugby Road, Tennessee
Henbos Number 2	Jamestown, TN	931-879-0366	At the intersection of BYP 127 and Hwy 52



Guided Walks and Talks

Schedules are effective from Memorial Day Weekend until Labor Day 2016

TENNESSEE

PROGRAM TITLE	LOCATION	DURATION	SUN	MON	TUE	WED	THU	FRI	SAT
Wildlife of Big South Fork Join a park ranger at Bandy Creek Visitor Center to learn more about wildlife at Big South Fork. Wildlife talks are followed by additional time for an open question and answer session. This park does not confine living wildlife for routine interpretational purposes. Therefore, these programs are centered around a collection of mounted animals along with related specimens and program materials. These programs provide visitors opportunities to examine, at close range, hoofs, claws, hair textures, and other features without stress to animals. Accessible. 	Bandy Creek Visitor Center	30 - 45 minutes		2:00 PM				2:00 PM	
Experience the Gorge Explore the ecology, geology, and history of the Big South Fork gorge and the river that flows through it. Inquire at Bandy Creek Visitor Center for program information. Meet at Leatherwood Ford Gazebo. Accessible. 	Bandy Creek Visitor Center	30 - 45 minutes	2:00 PM						
Junior Ranger Nature Ride Hey parents, are your kids bored? Why not come explore Big South Fork on two wheels. Each Saturday afternoon, a park ranger will lead a short, family-friendly bike ride along gentle terrains around the Bandy Creek Area. This outdoor activity is designed for families with children of Junior Ranger age and includes stops for them to enjoy nature. Bicycle helmets are mandatory for bicyclists under the age of sixteen.	Bandy Creek Visitor Center	60 - 90 minutes							2:00 PM
Centennial 2016: Healthy Hike of the Week Get out and explore YOUR park! Two Saturdays a month, a park ranger will lead a narrative hike along one some of our most popular trails. Don't forget your four-legged friends. They are invited too. However, they must be leashed and well-behaved. Check park website http://www.nps.gov/biso/planyourvisit/centennial-challenge.htm or inquire at Bandy Creek Visitor Information Center in advance for information regarding starting locations and difficulty ratings.	Locations Vary	Times Vary							10:00 AM Conducted twice monthly.
Bandy Creek Evening Program Become better acquainted with Big South Fork National River and Recreation Area. Evening programs are presented each Saturday night throughout the summer at the Bandy Creek Campground area. Topics range from minibeasts below your feet to bears along the trail to stars up high. Up-to-date program announcements for these programs are posted throughout the Bandy Creek campground and Visitor Center. Accessible. 	Bandy Creek Campground Area	45 - 60 minutes							7:00 PM





RUGBY

PROGRAM TITLE	LOCATION	DURATION	SUN	MON	TUE	WED	THU	FRI	SAT
Gentleman's Swimming Hole Hike Join a ranger to enjoy on a short, moderately difficult hike to the Clear Fork River. This guided hike offers park visitors with a great opportunity to experience the spectacular scenery.	<i>Gentleman's Swimming Hole Trailhead</i>	<i>60 - 90 minutes</i>	9:30 AM						9:30 AM

KENTUCKY

PROGRAM TITLE	LOCATION	DURATION	SUN	MON	TUE	WED	THU	FRI	SAT
Blue Heron Depot Talks Blue Heron Coal Mining Talks provide park visitors with a unique opportunity to gain insight into the cultural heritage of Blue Heron Mining Community. This program is scheduled during the time that the Scenic Railroad is at Blue Heron, so if you join us by train make sure not to miss this program! 	<i>Blue Heron Interpretation Center</i>	<i>20 minutes</i>	2:15 PM			12:45 PM	12:45 PM	12:45 PM	12:45 PM 4:15 PM
Yahoo Falls Nature Hikes Join a ranger at the Yahoo Falls Scenic Area to enjoy on a short, moderately difficult hike to Yahoo Falls. This guided hike offers park visitors with a great opportunity to experience the spectacular scenery provided by 113 foot tall Yahoo falls, towering sandstone cliffs, and a huge rock shelter. Every other week this hike is our Healthy Hike of the Week, so be sure to join us for your weekly dose of exercise! Pets are welcomed as long as they are on a leash and well behaved.	<i>Yahoo Falls Parking Area</i>	<i>1 hour</i>	11:00 AM						
Blue Heron Hike Enhance your understanding and enjoyment of the Big South Fork National River and Recreation Area by taking an enjoyable hike along one of the trails starting from the Blue Heron Interpretive Center. Please watch for our program announcements around the park and surrounding newspapers for this week's hiking destination. Every other week this hike is our Healthy Hike of the Week, so be sure to join us for your weekly dose of exercise! Pets are welcomed as long as they are on a leash and well behaved.	<i>Blue Heron Interpretive Center</i>	<i>45 minutes</i>				2:30 PM			
Blue Heron Campground Evening Programs Park rangers offer a variety of interpretive evening programs. Park-related topics vary week to week and may range from general natural and cultural history to special topics of concern. 	<i>Blue Heron Campground</i>	<i>45 minutes</i>							7:00 PM

KNOW BEFORE YOU GO

All programs are free. Program schedules are effective from Memorial Day Weekend until Labor Day. Up-to-date program announcements will be posted throughout all campgrounds and visitor centers.

Wear sturdy walking shoes for hikes. You may also want to bring along bug spray and drinking water.

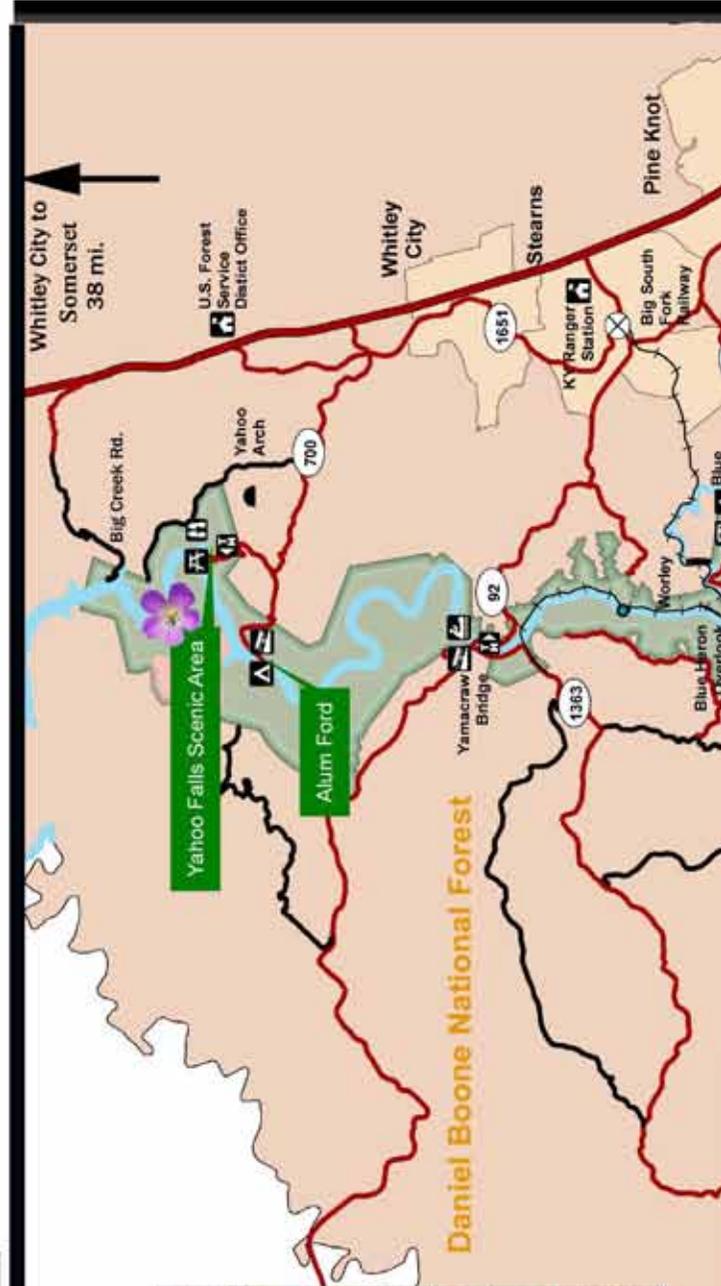
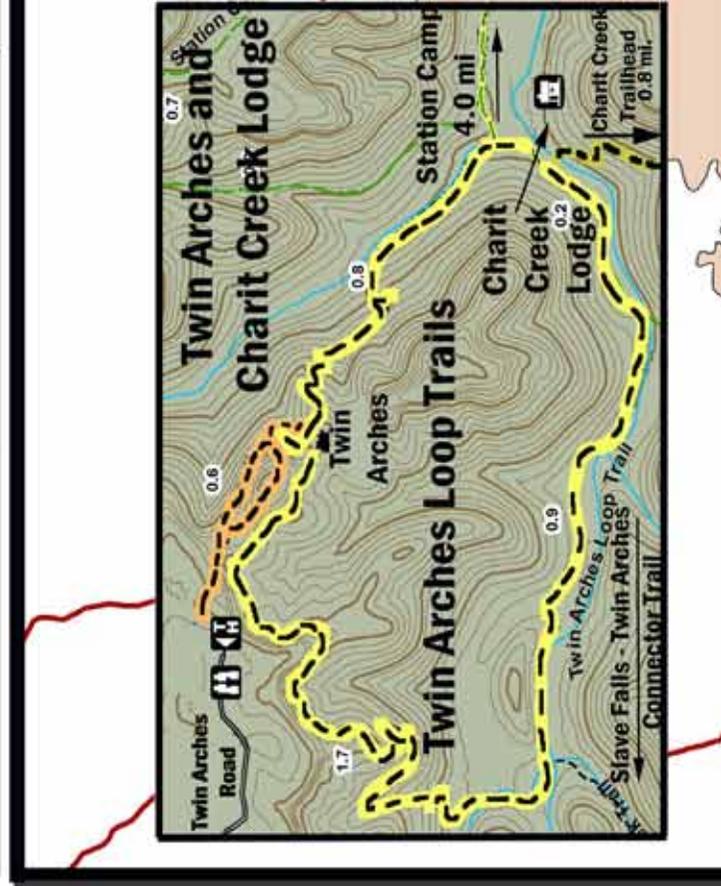
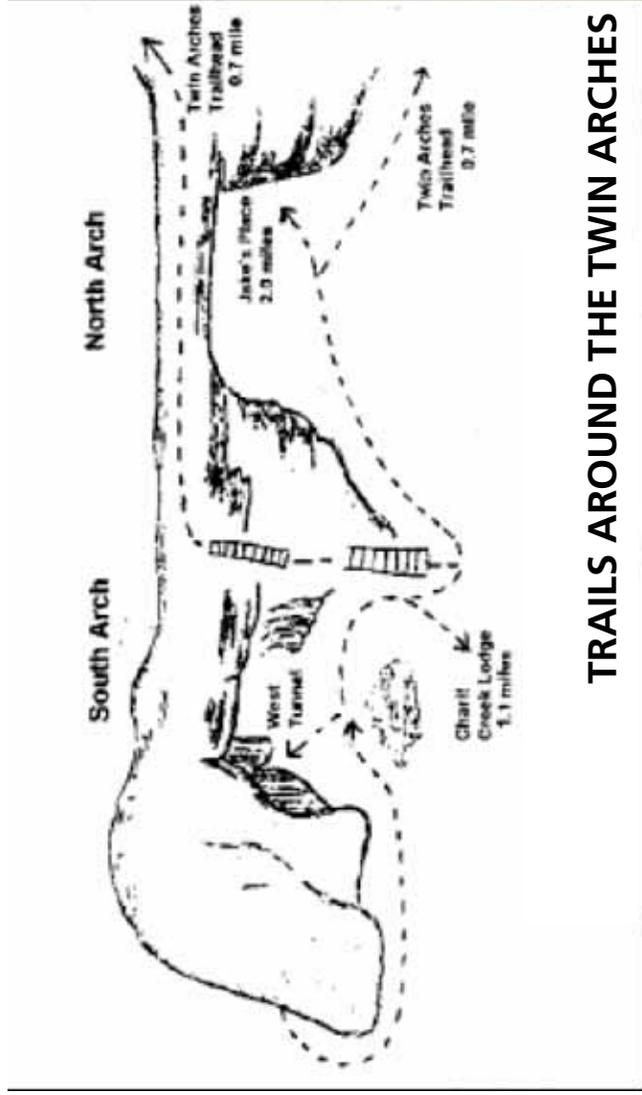
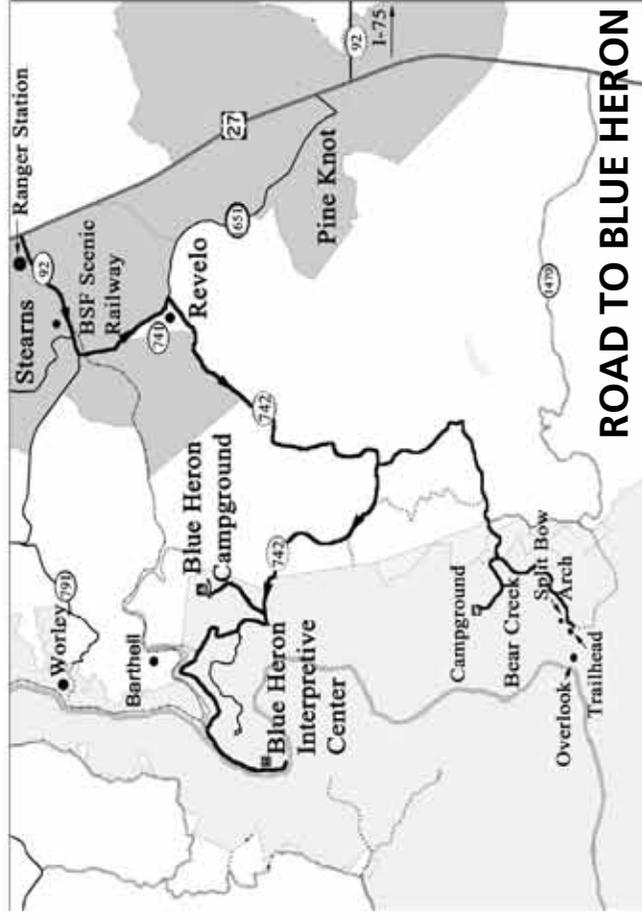
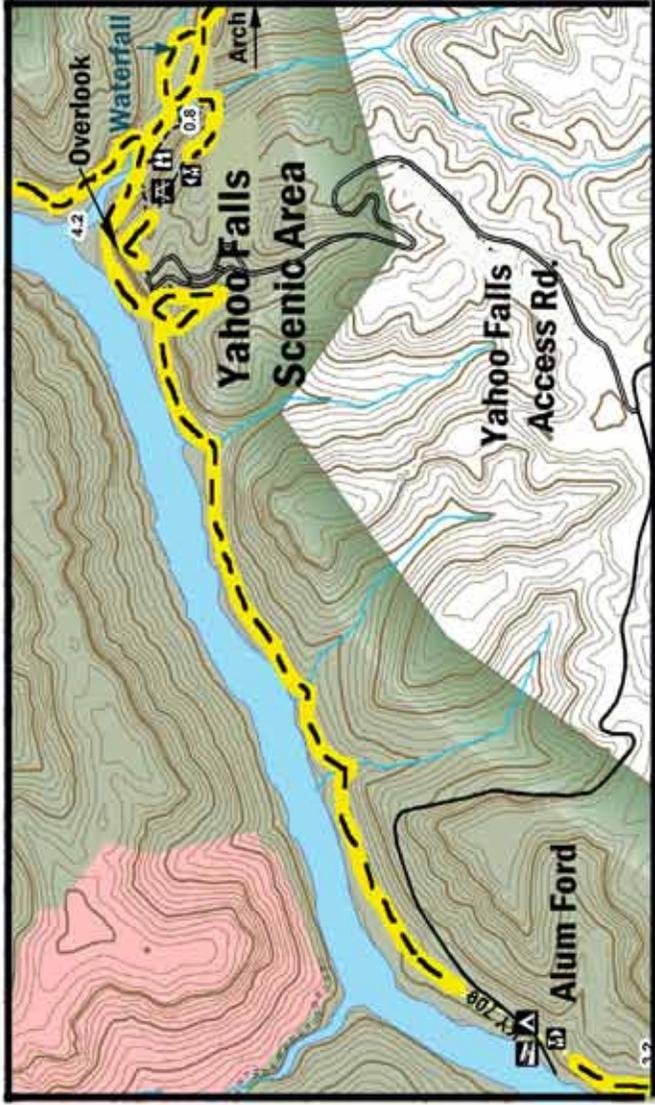
All children must be accompanied by a parent or guardian at all times.

Programs may be cancelled due to extreme weather conditions.

Black bears and other wildlife frequent the area; visitors must follow food and garbage storage regulations.

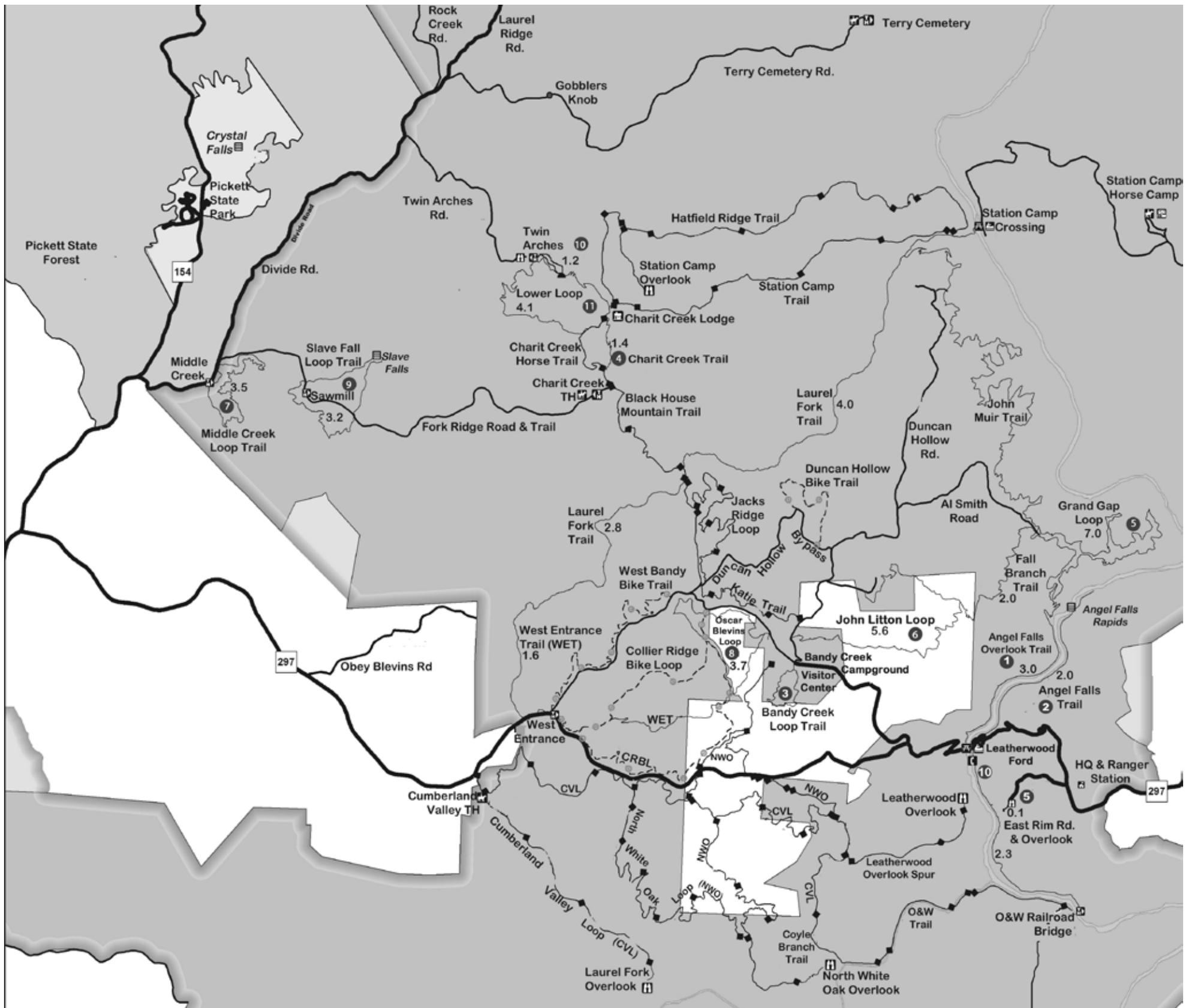
Pets must be restrained on a leash at all times. Owners are expected to clean up pet waste and dispose of it properly.





Popular Day Hikes

	Trail Name	Rating	Distance	Time	Description
1	Angel Falls Overlook	Moderate/Difficult	6 miles round trip	half day	Begin this trail by hiking across HWY 297 Bridge from the parking area. The trail passes along the river for the first 2 miles then travels up a series of switchbacks for 1 mile to the bluff. Turn right at the junction and follow the green hiking blazes for 350 yards to Angel Falls Overlook.
2	Angel Falls Rapids	Easy	4 miles round trip	2 hours	Beginning at the lower end of Leatherwood Ford parking area, this trail passes along the river to Angel Falls rapids. Expect to see wildflowers along this route during late spring through early summer.
3	Bandy Creek Loop	Easy	1.3 miles round trip	1 hour	Starting at the visitor center, this trail provides hikers with a quiet stroll through the woods. Please yield to horses crossing the trail near the stables.
4	Charit Creek Trail	Difficult	2.8 miles round trip	2 hours	Departing the trailhead, hikers continue along Fork Ridge road to reach this hiking trail at the rear of the old parking area. Hikers descend along switchbacks passing by bluffs, large beech trees, and field stones. At the trail's end, hikers walk across a swinging bridge and turn right to reach Charit Creek Lodge.
5	Grand Gap Loop	Moderate	7.0 miles round trip	half day	This trail provides spectacular views of formations and the Big South Fork of the Cumberland River. Please watch for mountain bikers who also enjoy this trail too.
6	John Litton Farm Loop	Moderate	5.6 miles round trip	2-3 hours	Descend into a valley where the John Litton historic farmhouse, barn and outbuildings provide hikers a glimpse of the lifestyle of Big South Fork families during the first half of the twentieth century.
7	Middle Creek Loop	Easy/Moderate	3.5 miles round trip	1-2 hours	This trail begins on an old roadbed atop a ridge then descends below the bluff line. Large rock overhangs, rock houses, and high cliffs are a treat for hikers along the way.
8	Oscar Blevins Farm Loop	Easy	3.7 miles round trip	2-3 hours	This woodland trail takes visitors to the Oscar Blevins Farm. On your way to the farm enjoy wet-weather waterfalls, sandstone bluffs and rock shelters.
9	Slave Falls Loop Trails	Easy/Moderate	3.2 miles round trip	1-2 hours	From Sawmill trailhead, this loop trail also provides short side trip to the 60-foot Slave Falls. Hikers can also enjoy geological formations such as Needle Arch and a large rockshelter along this route.
10	Twin Arches Upper Loop	Easy/Moderate	1.2 miles round trip	1-1 1/2 hours	From the trailhead, this short loop trail travels to the Twin Arches. These double sandstone arches are considered the largest natural bridge in the states of Kentucky and Tennessee.
11	Twin Arches Lower Loop	Difficult	4.1 miles round trip	half day	This loop trail takes hikers by a spectacular series of rock houses, cliffs, Jake's place, and Charit Creek Lodge before ascending back up to the Twin Arches.
12	Blue Heron Loop Trail	Moderate	6.4 mile loop	half day	This loop trail hikers by a spectacular several scenic overlooks. The trail visits the Blue Heron Mining Camp and its extensive exhibits. It also goes through a natural opening in the cliff known as "Cracks in the Rocks".
13	Catawba Overlook-Dicks Gap Overlook	Moderate/Difficult	3.2 miles round trip	1-2 hours	This trail starts on the west side of the River at the end of the tiple bridge. The trail goes out to Dicks Gap and Cawtaba overlook. The trail climbs steeply uphill and has several sets of steps.
14	Yahoo Falls Loop Trail	Easy/Moderate	1.2 mile loop	1-2 hours	Provides access to and allows good views of 113 foot Yahoo Falls. The trail is easy with the exception of some very steep metal steps. The trail actually passes behind the falls under one of the largest rock shelters in the area. As with most waterfalls in the region, water volume is significantly reduced during periods of dryer weather.



Driving Directions to Twin Arches from Bandy Creek Visitor Center: Make right turns at the following intersections in sequence-Visitor Center parking lot, Bandy Creek Rd, TN 297, TN 154, Divide Rd, and Twin Arches Rd. The trailhead is located at the end of the road.

Driving Directions to Yahoo Falls Loop Trail from Stearns, KY: Continue north on US 27 through Whitley City until you reach KY 700W. Turn left and drive 4.7 miles. Turn right to enter the Yahoo Falls Scenic Area. The trailhead is located at the end of the road.

Driving Directions to Blue Heron Loop Trail from Stearns, KY: Turn off US27 onto KY 92W at Stearns, KY. Travel on KY 92W for 1.3 miles. Merge left onto KY 1651 and go 1 mile to reach Revelo, KY. Turn right onto KY742W and go 5 miles. The campground entrance will be on your right. Continue on KY742W a short distance and turn left on Gorge Overlook road. The Blue Heron Loop Trail is accessible from the Devils Jump Overlook trailhead. This trail is also accessible from the Blue Heron Interpretive Center.

Centennial Challenge-100 Miles for 100 Years

Get out and explore YOUR Big South Fork! In celebration of the 100th birthday of the National Park Service, Big South Fork National River and Recreation Area is holding the Centennial Challenge.

From January 1, through December 3, 2016, participants will have a the opportunity to get out and experience the many unique cultural and natural features of this park along their 100-mile journeys.

This is a self-paced activity for visitors to hike, ride (mountain bike or equestrian), and/or paddle along this park's 500-mile multi-trail system, including 70+ miles of the Big South Fork River and its tributaries.

There will be a culminating program at Bandy Creek Visitor Center on December 3, 2016. At which time, park rangers will recognize both the youngest and oldest males and females who completed 100 miles along with the participant(s) who accomplished the challenge incorporating the most categories (hike, ride, etc.). All participants who completed the challenge will also have the opportunity to participate in a group photo at the event.

Participants are also highly encouraged to photograph their favorite places and memories along their journeys. Selected images will be printed for exhibition at the Visitor Center and may be displayed on the internet, and other venues.

GETTING STARTED

Download the Centennial Challenge log sheet at <http://www.nps.gov/biso/planyourvisit/centennial-challenge.htm>, the honor system applies. As you accumulate miles, record them. When completed, bring the log sheet and five photos to the Bandy Creek Visitor Center, and mail to:

Big South Fork National River & Recreation Area
4564 Leatherwood Road
Oneida, TN 37841
Attention: Centennial Challenge Coordinator



Kentucky National Parks Pentathlon



On July 17, 2015, the National Park Service (NPS) launched the Kentucky National Park Pentathlon, inviting those who visit all five NPS sites in the state to earn a special free commemorative patch. The pentathlon is in recognition of the NPS 2016 Centennial.

"The National Park Service was created 100 years ago to protect America's national treasures and provide opportunities for people to enjoy and understand them," said Stan Austin, NPS Southeast Regional Director. "During the NPS Centennial, we encourage everyone to find a park that has special meaning to them and enjoy what it has to offer."

Pentathlon participants can earn the commemorative patch by visiting all five Kentucky national parks by April 2017, and participating at a least one activity at each park.

INSTRUCTIONS

To participate, simply stop by a Visitor Center at any of the parks listed below and receive a pentathlon card. Date your visit on the appropriate line, and when all five lines are completed, give it to a park ranger for your patch. It's that easy!

KENTUCKY NATIONAL PARKS

Abraham Lincoln Birthplace National Historical Park (Larue County)
Big South Fork National River & Recreation Area (McCreary County)
Cumberland Gap National Historical Park (Bell and Harlan Counties)
The Fort Heiman unit of Fort Donelson National Battlefield (Calloway County)
Mammoth Cave National Park (Edmonson, Hart, and Barren Counties)

For more information on the Kentucky National Parks Pentathlon, call the Big South Fork Park Headquarters at (423) 569-9778.

Lodging

There are no motels or rental cabins located within the Big South Fork other than **Charit Creek Lodge**. The lodge is located in the Station Camp Creek drainage and offers a full range of amenities including cabin and dormitory rentals, meals, restrooms and showers. Access to the remote lodge is by foot, bike or horse only. Well-maintained hiking and horse trails lead you through interesting and beautiful places on your way to the lodge. For information about Charit Creek lodge or reservations call (865) 696-5611. You may also send an email to charitcreeklodge@gmail.com.

Communities surrounding the national park offer a wide choice of accommodations including hotels, cabins, bed and breakfasts, and campgrounds. For information about accommodations please contact the County Chambers of Commerce listed below.

Tennessee

Fentress County (931) 879-9948 or (800) 327-3945
Morgan County (423) 346-5740
Pickett County (888) 406-4704
Scott County (423) 663-6900

Kentucky

McCreary County (606) 376-7275
Wayne County (606) 348-3064

Pets

Pets are allowed within Big South Fork. However, in order to protect your pet and the park's wildlife, all pets must be kept on a leash (no longer than 6 feet) at all times even if you have your dog with you when riding a horse. Be sure to clean up after your pet especially in the campground.

During hunting season, a dog that is with a licensed hunter and actively following game does not have to be leashed. However, when entering a designated Safety Zone, hunting dogs must be restrained on a leash, crated or caged.

Know that some trails have steep ladders and rock ledges. Some pets may not be able to negotiate these areas without your help. Check with park rangers for trail information.



Concessions

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

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

Blue Heron Concession Stand & Gift Shop
Open every day the train runs
(606) 376-5620

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

Station Camp Horse Camp
(931) 319-6893
stationcamphorsecamp.com

Outfitters

**Wilderness Taxi and Tours
Shuttle Services**
1171 Leatherwood Rd
Oneida, Tennessee 37841
(423) 215-4800
(423) 569-2669
wilderness-taxi.wix.com/wilderness-taxi
wilderness.taxi.bsfgmx.com

**Backwoods Adventures
Hiking and Backcountry Guide**
3144 Martha Washington Rd
Clarkrange, Tennessee 38553
(931) 863-3853
(931) 397-3490
<http://backwoodsadventures.wix.com/backwoods-adventures>
backwoodsadventureshiking@gmail.com

**Sheltowee Trace Outfitters
Guided River Trips, Equipment Rental and Shuttles**
P.O. Box 1060
Whitley City, Kentucky 42653
(800) 541-RAFT or (606) 526-7238
www.ky-rafting.com

**Ace Kayaking School
River Guide**
2368 Old Federal Rd
Ocoee, TN 37361
(865) 385-3204
acekayaking@gmail.com
www.acekayaking.com

**RM Brooks General Store
Bike Rentals**
2830 Rugby Parkway
Rugby, Tennessee 37733
(423) 663-7503
tiffanyterry7503@gmail.com

**Roger Branscum, Jr
Firewood Sales**
228 Bruner Lane
Whitley City, Kentucky 42653
(606) 516-2031
rogerbranscum@hotmail.com

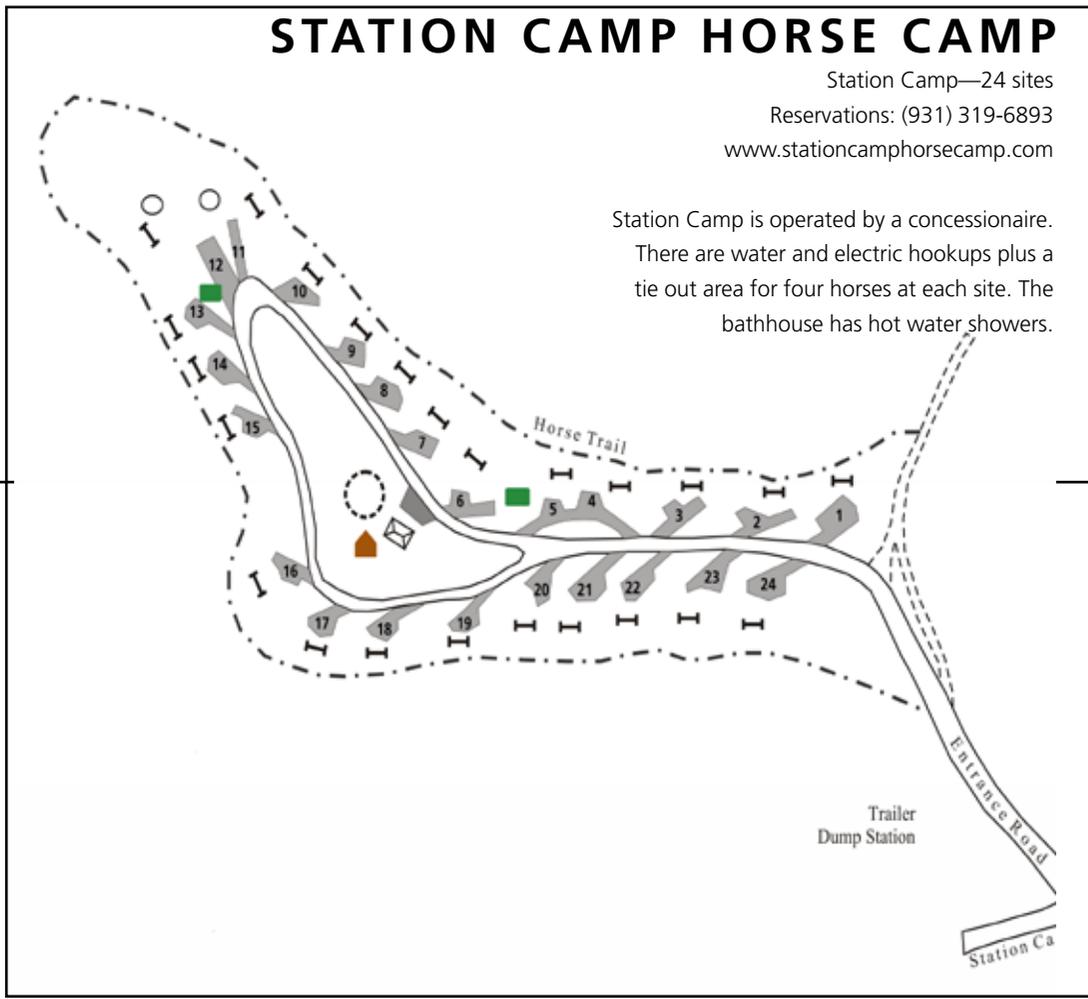
**Big South Fork Outdoor Adventures
Wagon Rides & Shuttles**
2811 Big Ridge Rd
Oneida, Tennessee 37841
(704) 604-8037 daytime
(423) 286-3902 evening
kimharm@hotmail.com

Tennessee Campgrounds

STATION CAMP HORSE CAMP

Station Camp—24 sites
 Reservations: (931) 319-6893
www.stationcamphorsecamp.com

Station Camp is operated by a concessionaire. There are water and electric hookups plus a tie out area for four horses at each site. The bathhouse has hot water showers.



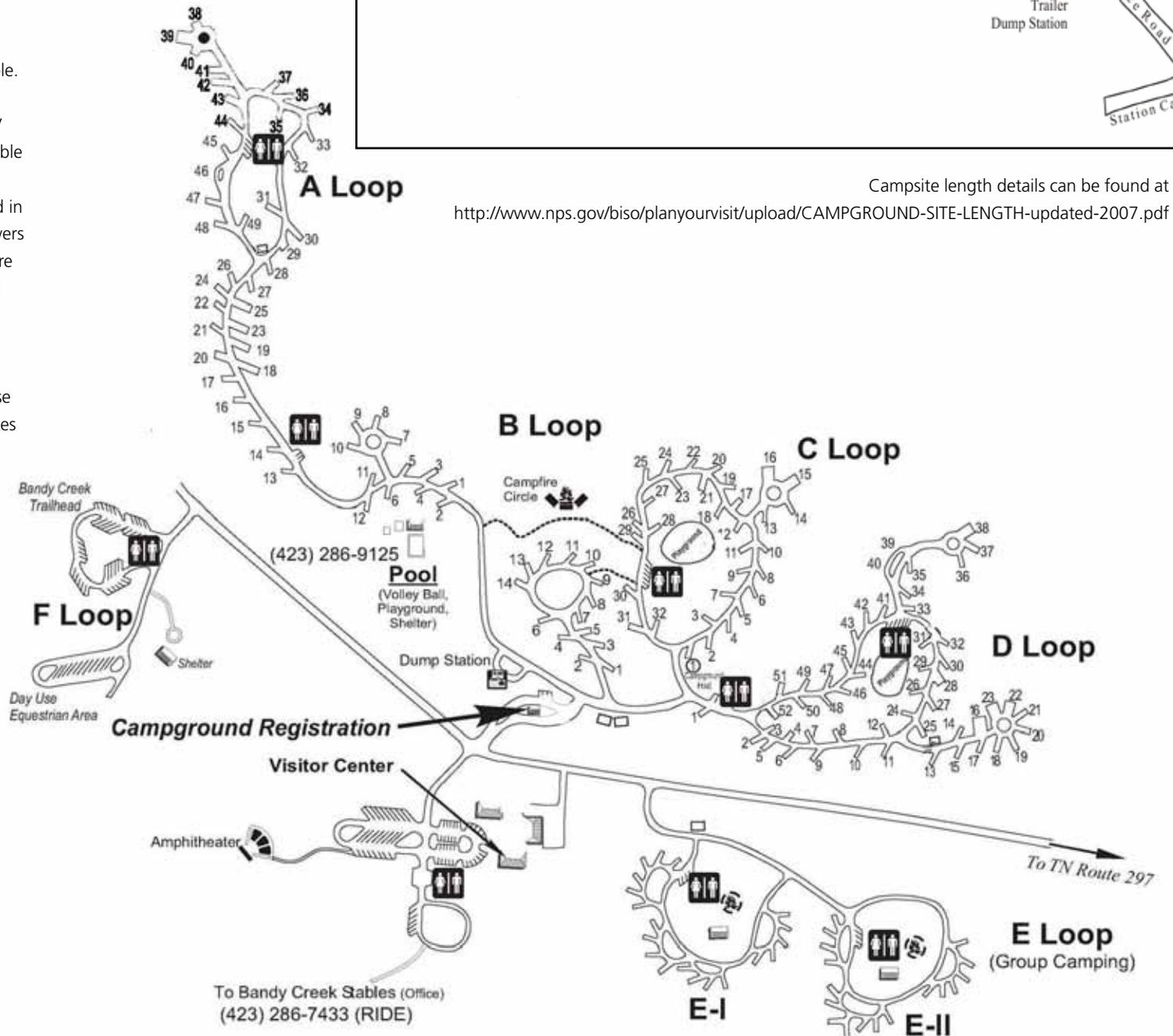
BANDY CREEK CAMPGROUND

98 hook-up sites—\$22 per night
 49 tent sites—\$19 per night
 Open year round
 Reservation system period—April-October
 Honor system period—November-March
 Phone number: (423) 286-8368
 Reservations: (877) 444-6777

All sites offer level 20'x35' fine-graveled pads with table, fire ring, and lantern pole. Area-A offers 49 tent sites. Areas-B, C, and D offer 98 sites, which have electric/water hookups. 50-amp service is available on sites B11, C12, C32, D31 and D48. 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 hookups on each site, RVs, pop-ups, and horse trailers are permitted in sites A1-A12. Sites A13-A49 are restricted for tents only.

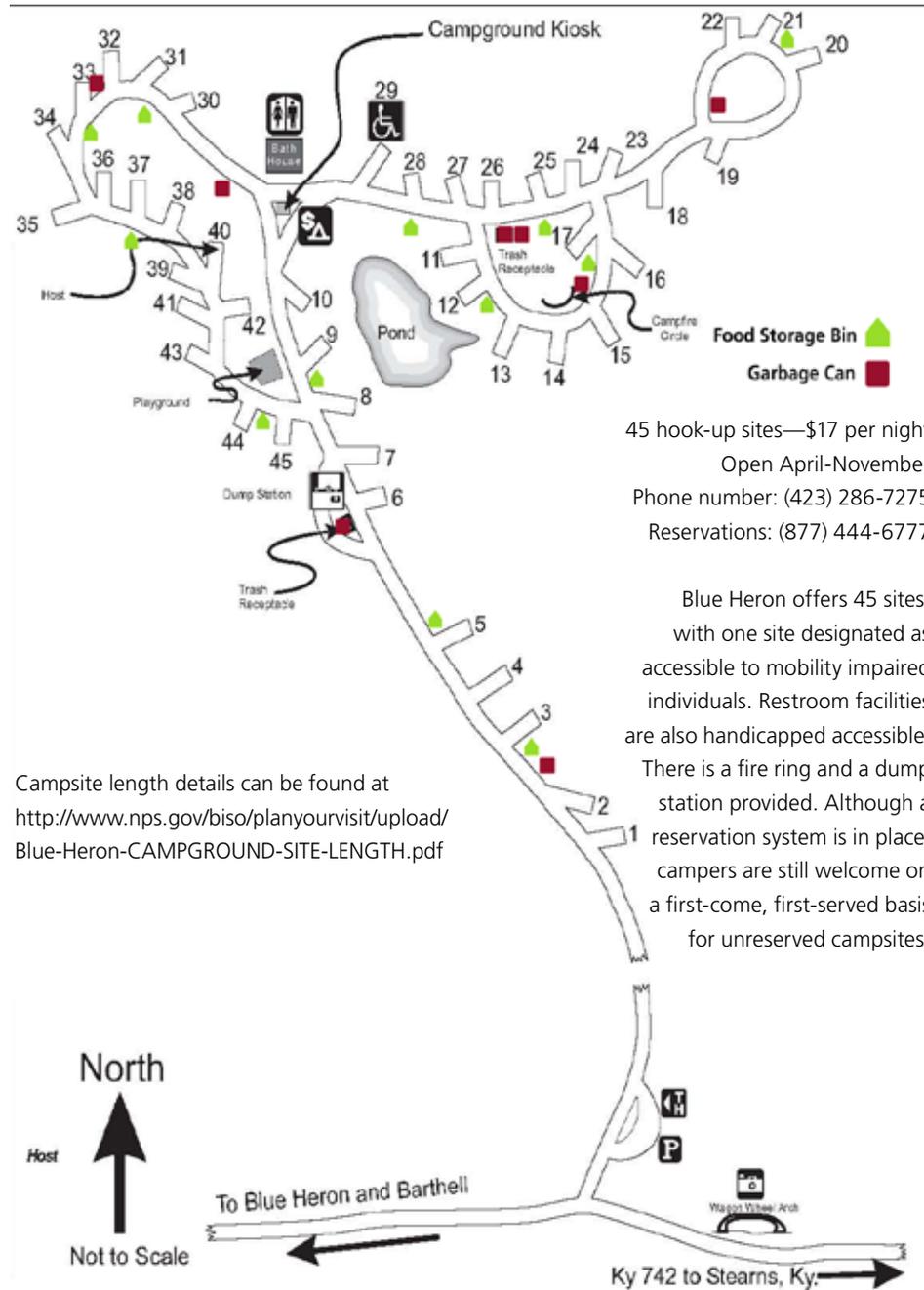
Horseback riders staying at Bandy Creek Campground need to make separate reservations for their horses at Bandy Creek Stables. The stables are located a short distance across the road from the campground. Paddocks and stalls are available for rent. For more information, call (423) 286-7433.



Campsite length details can be found at <http://www.nps.gov/biso/planyourvisit/upload/CAMPGROUND-SITE-LENGTH-updated-2007.pdf>



BLUE HERON CAMPGROUND

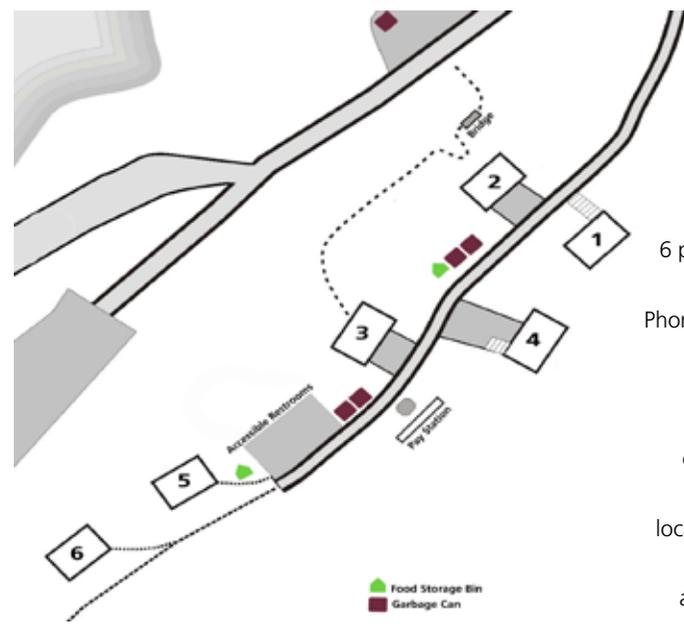


45 hook-up sites—\$17 per night
 Open April–November
 Phone number: (423) 286-7275
 Reservations: (877) 444-6777

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.

Campsite length details can be found at <http://www.nps.gov/biso/planyourvisit/upload/Blue-Heron-CAMPGROUND-SITE-LENGTH.pdf>

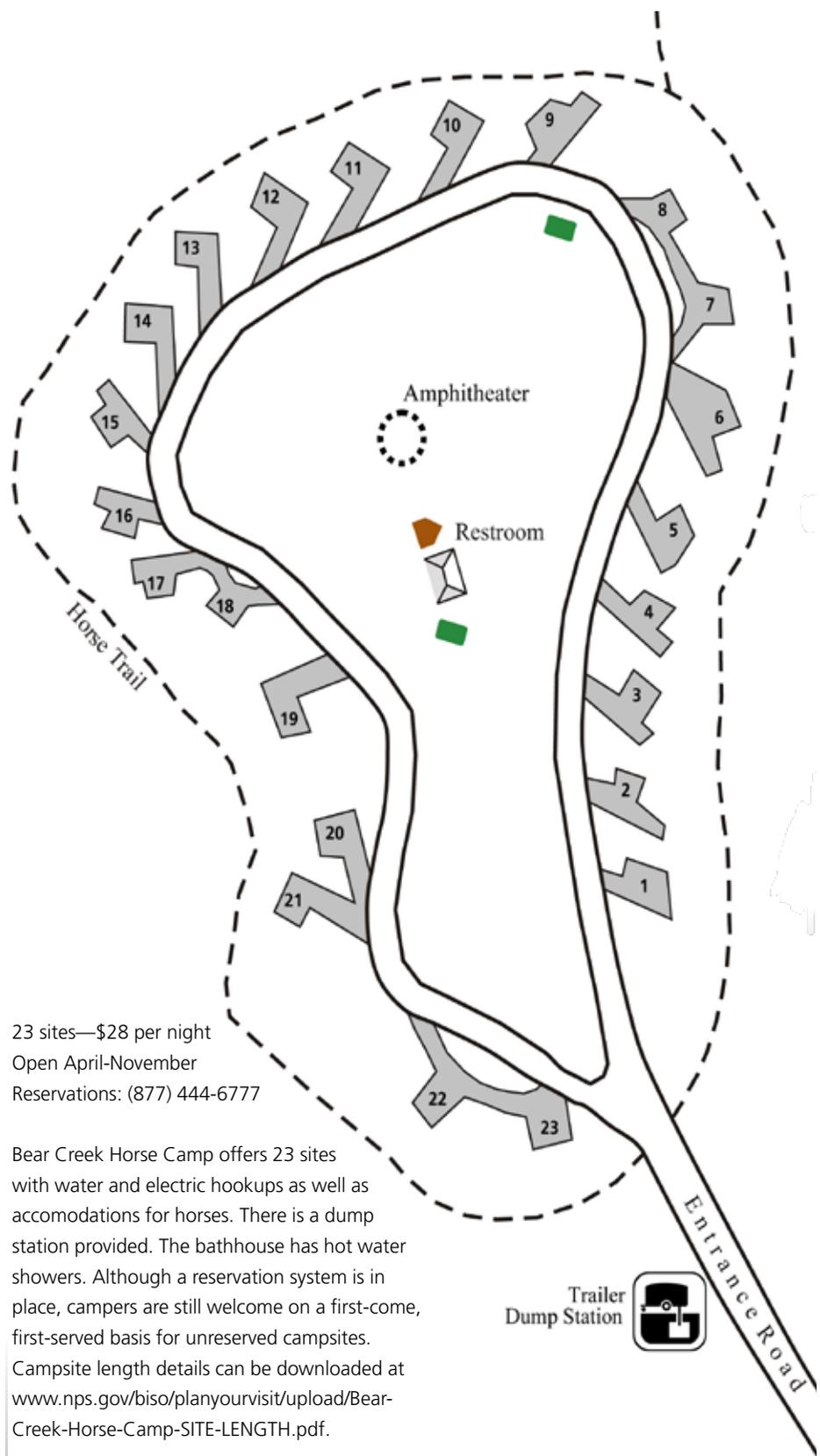
ALUM FORD CAMPGROUND



6 primitive sites—\$5 per night
 Open year-round
 Phone number: (423) 286-7275

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.

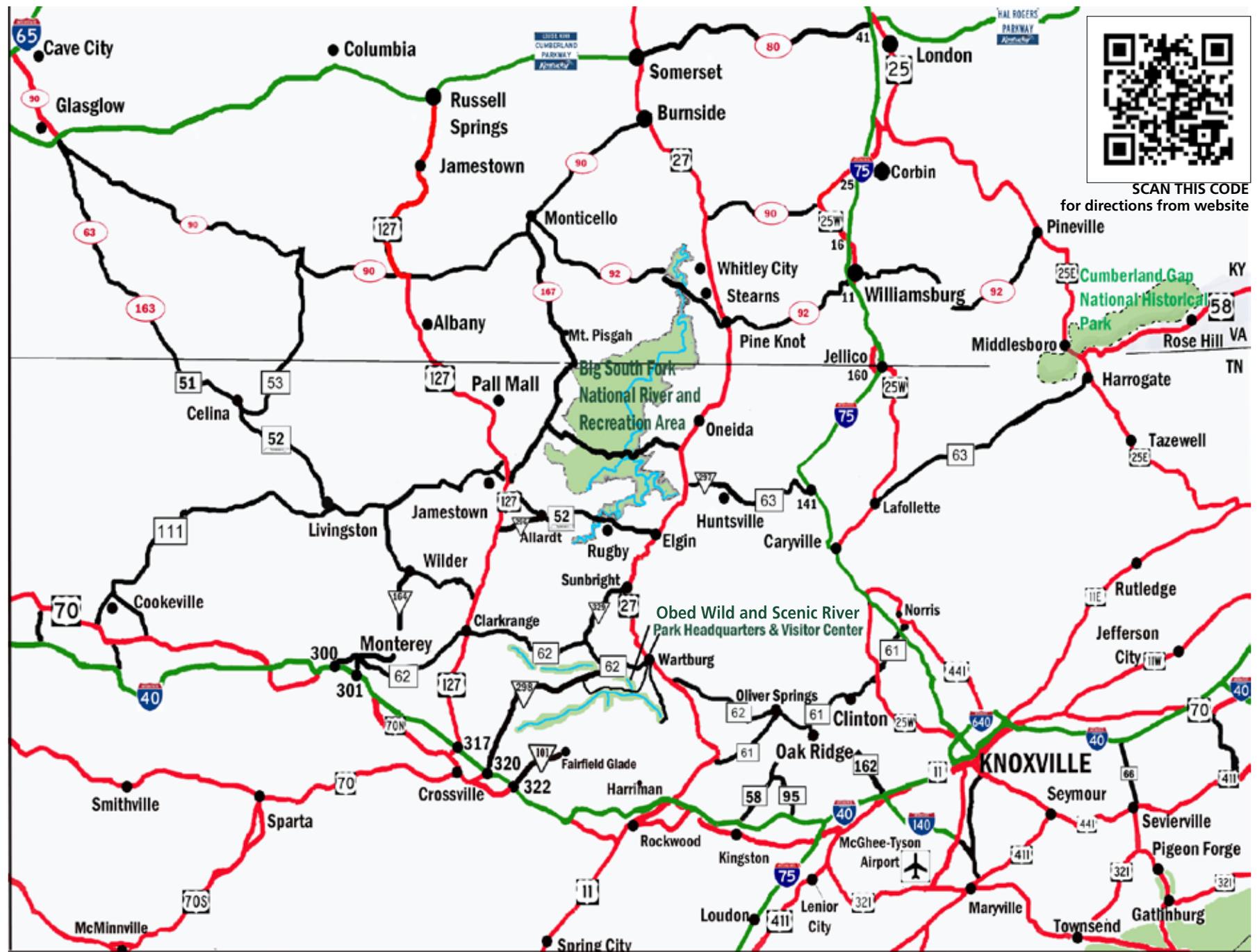
BEAR CREEK HORSE CAMP



23 sites—\$28 per night
 Open April–November
 Reservations: (877) 444-6777

Bear Creek Horse Camp offers 23 sites with water and electric hookups as well as accommodations for horses. There is a dump station provided. The bathhouse has hot water showers. Although a reservation system is in place, campers are still welcome on a first-come, first-served basis for unreserved campsites. Campsite length details can be downloaded at www.nps.gov/biso/planyourvisit/upload/Bear-Creek-Horse-Camp-SITE-LENGTH.pdf.

Kentucky Campgrounds



SCAN THIS CODE for directions from website

CONTACT STATION NUMBERS

Bandy Creek Visitor Center
 151 Stable Road
 Oneida, TN
 (423) 286-7275 (PARK)
 2016 Spring Season: 9:00 a.m. to 5:00 p.m. ET
 2016 Summer Season (May 28-Sept 5)
 Mon-Thu 9:00 a.m. to 5:00 p.m ET
 Fri, Sat, Sun and Holidays:
 8:00 a.m. to 6:00 p.m. ET

Rugby Visitor Contact Station
 Historic Board of Aid Building
 1487 Rugby Parkway
 Rugby, TN
 (423) 628-2991
 2016 Summer Season (May 28-Sept 25)
 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

Blue Heron Interpretive Center
 8249 Mine 18 Rd
 Strunk, KY
 (606) 376-3787 Office
 (606) 376-5073 Bookstore
 Open: April-October
 Wed-Sun: 11:00 a.m. to 4:00 p.m. ET

Stearns Visitor Contact Station
 300 Wilburn K Ross Highway
 Stearns, KY
 (606) 376-5652
 2016 Summer Season (May 28-Sept 25)
 9:00 a.m. to 5:00 p.m. ET
 Saturdays and Sundays

Scott County Visitor Center
 12025 Scott Hwy
 Huntsville, TN
 (423) 663-6900
 2016 Summer Season (May 28-Sept 25)
 9:00 a.m. to 5:00 p.m. ET
 Saturdays and Sundays

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

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

Pickett County Sheriff
 Byrdstown, TN
 (931) 864-3210

Morgan County Sheriff
 Wartburg, TN
 (423) 346-6262

POISON CONTROL
 1-800-222-1222

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

DIAL 911
 for EMERGENCIES