

Big South Fork National River & Recreation Area

Official Visitor Guide

National Park Service
U.S. Department of the Interior

Spring/Summer Edition 2020



"Spring and summer at the Big South Fork" a phrase that conjures up images of warmer weather, colorful wildflowers in bloom, songbirds chirping, and visitors getting outside to enjoy the great outdoors. Big South Fork National River & Recreation Area is the perfect place to experience the sights and sounds of spring and summer, and a variety of exciting and challenging outdoor activities.

This guide is designed to help you choose the best activity for the time that you have available to spend exploring the Big South Fork. And the visitor center is a great place to start your adventure. There you can speak to a park ranger for information on upcoming park events and activities, and how to make the most of your visit. There is also an informative 15-minute video to enjoy. This award-winning video is a quick and enjoyable way to learn why the park is so special. Be sure to stamp your NPS passport book while you're there.

An excellent way to learn more about the park while exploring the outdoors is to attend a ranger-led program. Programs are free, and offered year-round. Program topics include: guided hikes, night sky, birding, and more. For more information about upcoming ranger-led programs, call (423) 569-7275.

Whether you are interested in kayaking, hiking, fishing, picnicking, bird-watching, or sitting on a rock and enjoying a good book, Big South Fork is an excellent place to immerse yourself in the outdoors.

FIND YOUR PARK
FINDYOURPARK.COM



Night sky over Oscar Blevins Farm



Yellow fringed orchid. Spring is an excellent time to enjoy wildflowers

Welcome to Big South Fork National River & Recreation Area

There is so much to love about the Big South Fork. Whether you are into kayaking, biking, walking or prefer to take in the views on a scenic drive there is something for everyone here. However, even though the park welcomed nearly 800,000 visitors last year most only scratch the surface of this park because half of our park is after dark. Big South Fork is a great place to see the stars. With unobstructed views of the skyline that go on for miles, our ranger-led programs and of course the Go Big Challenge, there are several ways to experience the night sky in the park.

I challenge each of you to pick up a copy of this year's Go Big book at one of our visitor centers. This year's theme is the Dark Sky. There are fewer and fewer places in this world where we can experience the stars like our ancestors once did. Maybe it was the river and trails that brought you here, or perhaps our history and wildlife.

Regardless of what your interest is, the best place to begin your visit to the park is at the visitor center. Our knowledgeable staff is available to answer your questions, provide park updates, and offer recommendations on how to best spend your available time.

Whether it's your first time experiencing the Big South Fork, or your 20th, I hope you come prepared and have a safe visit. And may your experience exceed your expectations.

Niki Stephanie Nicholas

Niki Stephanie Nicholas
Superintendent

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.



National Park Service
U.S. Department of the Interior

Big South Fork National River & Recreation Area

Mailing Address
4564 Leatherwood Rd
Oneida, TN 37841

E-mail biso_information@nps.gov

Park Headquarters
423-569-9778



STAY CONNECTED WITH US

Follow us on Twitter
[@BigSouthForkNPS](https://twitter.com/BigSouthForkNPS)

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[BigSouthForkNPS](https://www.facebook.com/BigSouthForkNPS)

Follow us on Instagram as
[BigSouthForkNPS](https://www.instagram.com/BigSouthForkNPS)

Subscribe to our YouTube channel at
[Big South Fork National River & Recreation Area](https://www.youtube.com/BigSouthForkNationalRiver&RecreationArea)

Visit our website at
www.nps.gov/biso



Free WiFi is available at Bandy Creek Visitor Center, Park Headquarters, Station Camp Campground, Blue Heron Campground, and Blue Heron Mining Community.

Events Calendar

All events are Eastern Time. All ranger-led programs are subject to change. Contact Bandy Creek Visitor Center at (423) 286-7275 (PARK), Blue Heron Interpretive Center at (606) 376-3787, or (606) 376-5073 for program details.

SPRING PLANTING & MUSIC FESTIVAL—APRIL 25 Bandy Creek Area 9:00 AM until 4:00 PM

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.

NATIONAL TRAILS DAY—JUNE 6

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.

NIGHT SKY PROGRAMS AT BANDY CREEK

Paul Lewis from the University of Tennessee and astronomy volunteers will be presenting astronomy programs along with our Night Sky Rangers (weather permitting).

- **May 23**—Solar Viewing 3:30 PM, Night Sky Astronomy 9:30 PM
- **June 27**—Night Sky Astronomy 9:30 PM
- **July 25**—Night Sky Astronomy 9:30 PM
- **August 22**—Night Sky Astronomy 9:00 PM
- **September 26**—Night Sky Astronomy 8:30 PM
- **October 17**—Solar Viewing 3:30 PM, Night Sky Astronomy 8:00 PM

NIGHT SKY PROGRAMS AT BLUE HERON

Dr. Mark Pitts from Eastern Kentucky University and astronomy volunteers will be presenting astronomy programs along with our Night Sky Rangers (weather permitting).

- **June 13**—Night Sky Astronomy 9:30 PM
- **July 11**—Night Sky Astronomy 9:30 PM
- **August 8**—Night Sky Astronomy 9:00 PM
- **October 3**—Night Sky Astronomy 8:00 PM

BIG SOUTH FORK ART IN THE PARK RECEPTION— SEPTEMBER 4

Bandy Creek Visitor Center 6:30 PM until 8:00 PM
The event will include a display of photographs from the recent Big South Fork Photography contest. Visitors to the event may select their favorite photograph and place their vote for a “People’s Choice” award winner. During the evening, the contest’s winning entries will be revealed. Local musicians will be performing as light refreshments are served.

A WEEK OF STORYTELLING

Each year, thousands of students get to experience dynamic storytelling by world renowned storytellers as Park staff escort professional storytellers to neighboring schools. Local schools will again have an opportunity to see these tellers in action during the week leading up to the event.

BLUE HERON GHOST TRAIN—SEPTEMBER 12

The 10th annual Blue Heron Ghost Train is sponsored by Big South Fork in cooperation with the McCreary County Heritage and the McCreary County Performing Arts Council. Park staff will lead groups of visitors in the darkness of night by only the flickers of lanterns to local storytellers. They, through the age-old tradition of the spoken word, will share their traditional tales from around the region with you. Visitors have the option of either descending to this abandoned coal-mining camp by rail or road. For more information about this event, call (423) 286-7275.

HAUNTING IN THE HILLS STORYTELLING FESTIVAL—SEPTEMBER 19

Bandy Creek Area
The 28th annual “Haunting in the Hills” Storytelling Festival will kick off at 10:00 AM with live music and demonstrations from local artists. Make plans now to join the thousands who will come to the Bandy Creek fields for a fun-filled day of stories, music, crafts and more. Craft classes and concerts are free and open to the public.

Become A Junior Ranger

Big South Fork has a junior ranger book and a badge for you to earn. Kids of all ages 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 historic coal mining town.



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 <http://www.nps.gov/biso/workwithus.htm> to see all of the wonderful opportunities that are available.



Fee Free Days 2020

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 2020:

- January 20: Birthday of Martin Luther King, Jr.
- April 18: First Day of National Park Week/National Junior Ranger Day
- August 25: National Park Service Birthday
- September 26: National Public Lands Day
- November 11: Veterans Day



Every Kid Outdoors

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, now called Every Kid Outdoors, can be found online at <https://www.everykidoutdoors.gov/>. National parks and other federal lands and waters all across America are excited to share their heritage with young people.



After-hours Pool Reservations

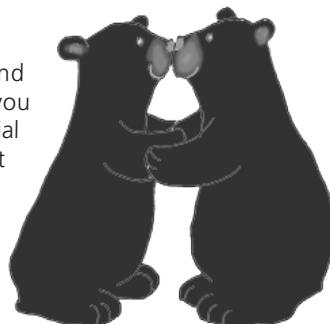
A Special Use Permit is required for all after-hour pool reservations. The fee is \$125 for a two-hour minimum reservation and no more than 50 persons. There is an additional \$50 charge for each additional hour. In order to obtain a reservation, contact the Bandy Creek Office at (423) 286-8368. Reservations must be submitted no later than five business days prior to the event.



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 at (423) 569-7321, or by email at tish_neal@nps.gov.

Information can also be found online, at www.nps.gov/biso/playourvisit/permits.htm.



User Fees of Big South Fork NRRRA

CAMPING FEES

BANDY CREEK CAMPGROUND

30 AMP ELECTRIC HOOK-UPS	83 SITES	\$25—NIGHT (6 PERSON MAX.)*
50 AMP ELECTRIC HOOK-UPS	10 SITES	\$32—NIGHT (6 PERSON MAX.)*
NON-HOOK UPS	49 SITES	\$20—NIGHT (6 PERSON MAX.)*
GROUP CAMP	2 SITES	\$125—NIGHT (25 PERSONS)
(\$3 additional per person per night)		

BEAR CREEK HORSE CAMP

ALL SITES	22 SITES	\$28—NIGHT (6 PERSON MAX)*
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STATION CAMP CAMPGROUND

ALL SITES	23 SITES	\$28—NIGHT (6 PERSON MAX)*
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BLUE HERON CAMPGROUND

ALL SITES	45 SITES	\$20—NIGHT (6 PERSON MAX.)*
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ALUM FORD CAMPGROUND

ALL SITES	6 SITES	\$5—NIGHT (6 PERSON MAX.)*
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BANDY CREEK POOL FEES

ADULT	\$3—PERSON*
CHILD (6 to 12 years old)	\$2—PERSON*
CHILD (5 and UNDER)	FREE
INDIVIDUAL SEASON POOL PASS*	\$25
AFTER-HOURS RESERVATIONS	See article

2020 Pool Hours
Friday, Saturday,
Sunday, & federal
holidays, from
Memorial Day
Weekend
until Labor Day
Noon to 6 PM (ET)

CAMPGROUND FACILITY USE BY NON-CAMPERS

(Bandy Creek Campground, Blue Heron Campground, Station Camp Campground and Bear Creek Horse Camp)

DUMP STATION	\$5—VEHICLE
SHOWERS	\$2—PERSON
F-LOOP SHELTER (DAY USE ONLY)	\$10—DAY (non-refundable fee)
POOL SHELTER (DAY USE ONLY)	\$25—DAY (non-refundable fee)

PERMITS

BACKCOUNTRY CAMPING PERMITS

1-6 person(s)	\$5*
7-12 persons	\$10*
13-18 persons	\$15*
19-24 persons	\$20*

HOG PERMITS

\$5*/PERSON

PASSES

INTERAGENCY ANNUAL SENIOR PASS	\$20
INTERAGENCY LIFETIME SENIOR PASS	\$80 ONE-TIME FEE
INTERAGENCY ACCESS PASS	FREE WITH PROOF OF DISABILITY
INTERAGENCY PARK PASS	\$80
INTERAGENCY MILITARY PASS	FREE FOR ACTIVE MILITARY DUTY

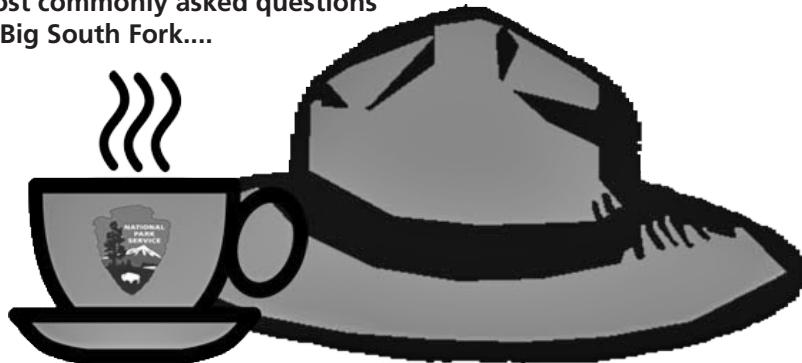
GET YOUR INTERAGENCY PASS ONLINE AT store.usgs.gov/pass/index.html or at one of our visitor centers.

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



Hey Ranger!

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



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

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

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.

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.

Does the park close at night?

No. The park is always open and there is much to see and do! Camping, ranger-led programs, and stargazing are great options.

Where does the Big South Fork River flow?

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

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 drink water out of the streams or river?

It is strongly advised that water from any water source be filtered before drinking. Even then, there is no guarantee it is completely free of contaminants and microorganisms.

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.

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 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>.

Safety Tips

Keep safe and enjoy your trip to Big South Fork National River & 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) 569-7301. 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) 569-7302.

Sixth Annual Photo Contest

The National Park Service invites photographers to submit entries for an exhibit at Big South Fork National River & Recreation Area. The park 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 Big South Fork National River & 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:

- **Dark Skies** (expansive and dramatic view of the night sky within the boundaries of the park)
- **Human History** (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).
- **Recreation** (photographs of people participating in recreational activities).
- **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 Bandy Creek Visitor Center that will open on Friday, September 4, 2020. Selected images may also be displayed on the internet and other venues.

Contest is open to all photographers except park 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 31, 2020. 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, or mailed to the park headquarters at: Big South Fork NRRRA
Attn: Photo Contest
4564 Leatherwood Road
Oneida, TN 37841

For more information, please call (423) 286-7275.

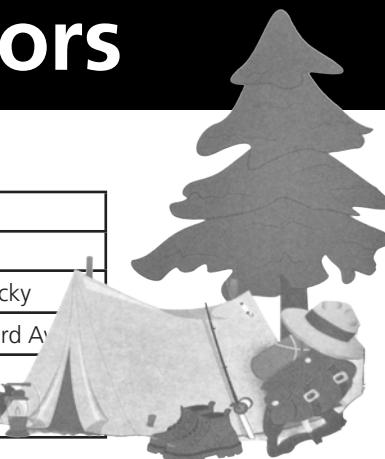


**We want to see the Big South Fork
THROUGH YOUR EYES**

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
Becki's One Stop	Whitley City, KY	606-376-9200	Intersection of Hwy 700 and US 27, Kentucky
Fastway Marathon	Stearns, KY	606-376-7400	Intersection of Hwy 92 and Hwy 1651, Kentucky
South Fork Tack	Oneida, TN	423-569-6700	0.5 from intersection of Industrial Ln and W 3rd Av
R&M Brooks	Rugby, TN	423-628-2533	West of Rugby on Rugby Road, Tennessee
Henbos Number 2	Jamestown, TN	931-879-9734	At the intersection of BYP 127 and Hwy 52



Spring/Summer 2020 Edition 5

Park Programs & Events

Schedules are effective from Memorial Day Weekend through Labor Day 2020

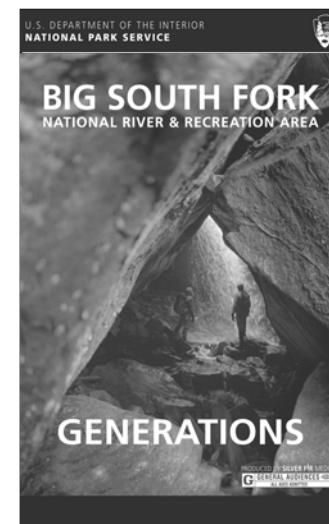
TENNESSEE

PROGRAM TITLE	LOCATION	DURATION	SUN	MON	TUE	WED	THU	FRI	SAT
GO BIG 2020 Challenge Program Get up and get moving in 2020, by joining in the fun and participate in Big South Fork's all-inclusive GO BIG 2020 Challenge. This year-long self-paced challenge was designed to encourage ALL visitors to explore and learn about why Big South Fork is so special. You can complete the challenge in a weekend or throughout the year. Earn an official 2020 Go Big patch by accumulating 100 points. 	Locations Vary Ask a ranger or check our Calendar page at nps.gov/biso	Times Vary	The Go Big 2020 Challenge is divided into six challenge categories: Blue Heron, Rock Shelter, Trails, Ranger, Neighbor Parks, and Social Media. Download your booklet at https://www.nps.gov/biso/planyourvisit/go-big-2020-challenge.htm , or pick one up at Bandy Creek Visitor Center. See Page 12 for scheduled hikes.						
Saturday Morning Junior Ranger Program – RUGBY Join a park ranger for a variety of kids activities that will help the whole family connect with Big South Fork and the resources we help to protect.	<i>Rugby</i>	30 mins							11:00 AM
Bandy Creek Evening Programs Park rangers offer a variety of evening ranger programs. Park-related topics vary week to week and may range from general natural and cultural history to special topics of concern. During the month of June our evening programs will highlight our Glow Worms when you join us for one of our night hikes	<i>Bandy Creek Camp Ground Area Night Hikes will Vary</i>	<i>45 mins; Night Hikes will Vary</i>							7:00 PM ;Night Hikes will Vary in Times
Bandy Creek Dark Sky Programs Bandy Creek offers a convenient and fully accessible location to stargaze. Join Dark Sky Rangers and Paul Lewis from the University of Tennessee to interpret the amazing night sky here at Big South Fork NRRRA. Programs are weather dependent but clear skies allow for viewing the Milky Way, constellations, planets, nebulae, star clusters, and the moon!	<i>Bandy Creek</i>	1-2 hours	Dates and Times will Vary; check our calendar page for more information (https://www.nps.gov/biso/planyourvisit/calendar.htm)						
Sunday Morning Healthy Hike – RUGBY Enjoy a short, moderately difficult morning hike with a ranger to Clear Fork River. These guided hikes offer park visitors with great opportunities to learn about the cultural history and experience spectacular scenery of Historic Rugby.	<i>Rugby Gentleman's Swimming Hole Trailhead</i>	1-2 hours	10:00 AM						

Due to unforeseen circumstances, all programs subject to change, or cancellation.

NOW SHOWING DAILY Big South Fork Movie -- *Generations*

Watching this 12-minute movie is a great way to start your visit. Shown daily at Bandy Creek Visitor Center, this new park movie was more than a year in the making, with footage shot across all four seasons and featuring many of the park's most prominent outdoor activities such as hiking, mountain biking, hunting, horseback riding, whitewater paddling, camping, fishing and rock climbing.





KENTUCKY

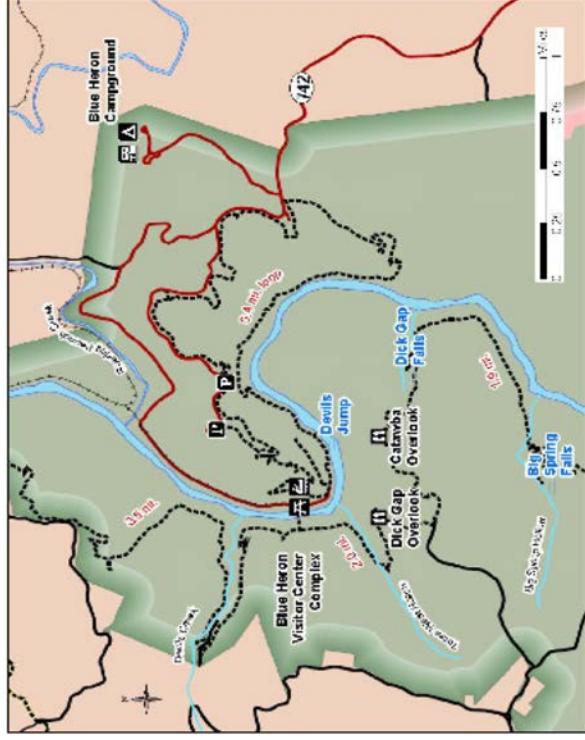
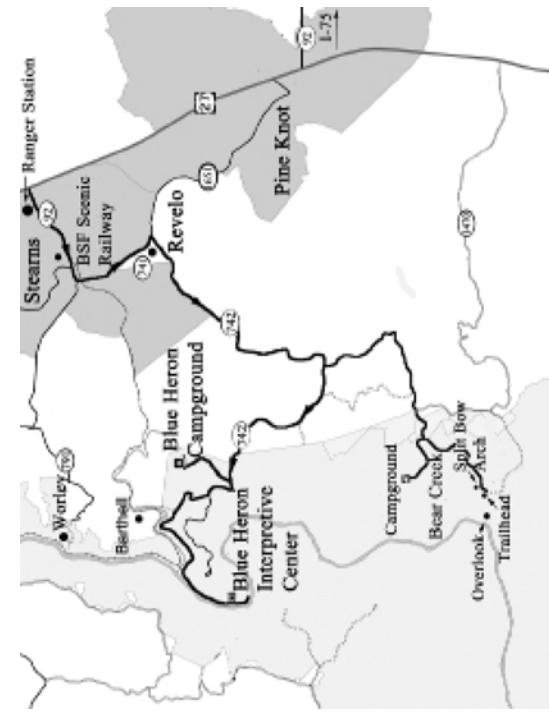
PROGRAM TITLE	LOCATION	DURATION	SUN	MON	TUE	WED	THU	FRI	SAT
<p>GO BIG 2020 Challenge Program Get up and get moving in 2020, by joining in the fun and participate in Big South Fork's all-inclusive GO BIG 2020 Challenge. This year-long self-paced challenge was designed to encourage ALL visitors to explore and learn about why Big South Fork is so special. You can complete the challenge in a weekend or throughout the year. Earn an official 2020 Go Big patch by accumulating 100 points.</p> 	Locations Vary Ask a ranger or check our Calendar page at nps.gov/biso	Times Vary	The Go Big 2020 Challenge is divided into six challenge categories: Blue Heron, Rock Shelter, Trails, Ranger, Neighbor Parks, and Social Media. Download your booklet at https://www.nps.gov/biso/planyourvisit/go-big-2020-challenge.htm or pick one up at Bandy Creek Visitor Center. See Page 12 for scheduled hikes.						
<p>Blue Heron Evening Programs Park rangers offer a variety of evening ranger programs. Park-related topics vary week-to-week and may range from general natural and cultural history to special topics of concern.</p>	<i>Blue Heron Campground</i>	<i>45 minutes</i>							7:00 PM; Night Hikes will Vary in Times
<p>Blue Heron Dark Sky Programs Blue Heron Overlook offers the perfect location to stargaze. Join Dark Sky Rangers and Dr. Mark Pitts from Eastern Kentucky University to interpret the amazing night sky here at Big South Fork NRRRA. Programs are weather dependent but clear skies allow for viewing the Milky Way, star clusters, constellations, planets, nebulas, and the moon!</p>	<i>Blue Heron Overlook</i>	<i>1 hour</i>	Dates and Times will Vary; check our calendar page for more information (https://www.nps.gov/biso/planyourvisit/calendar.htm)						

Due to unforeseen circumstances, all programs subject to change, or cancellation.

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.
- Some trails have ladders and/or steep steps that are difficult for hikers and pets.

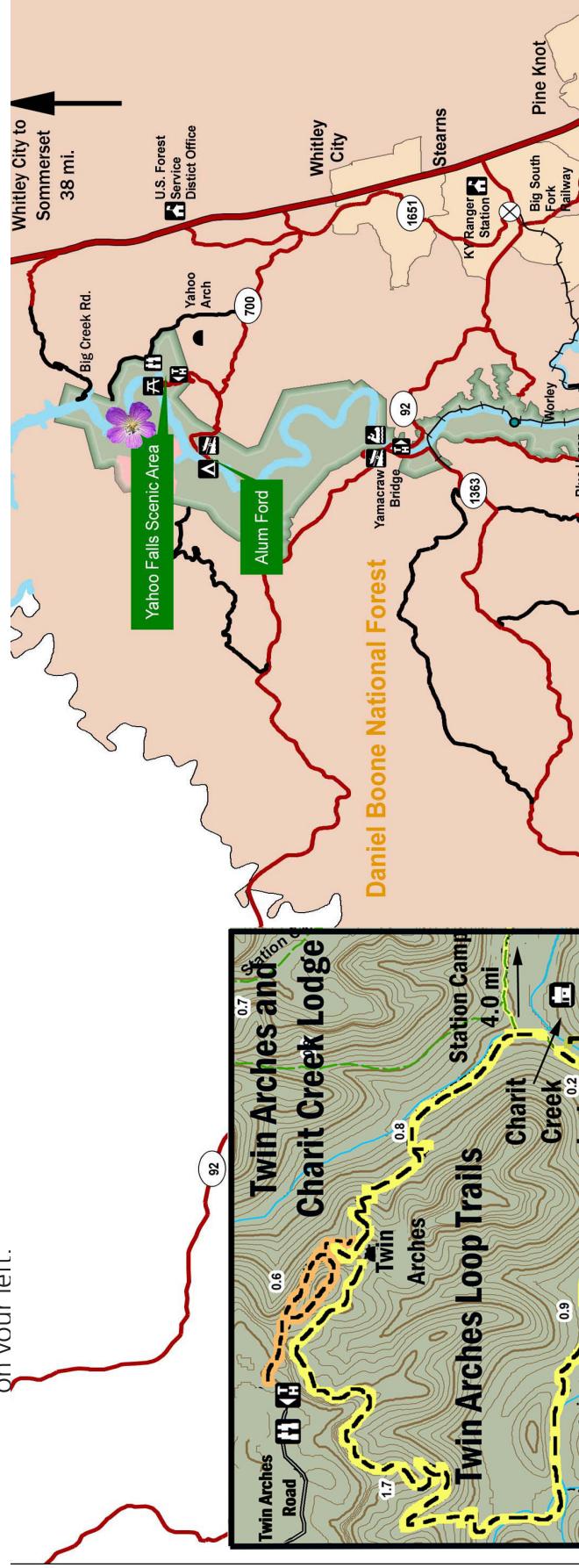


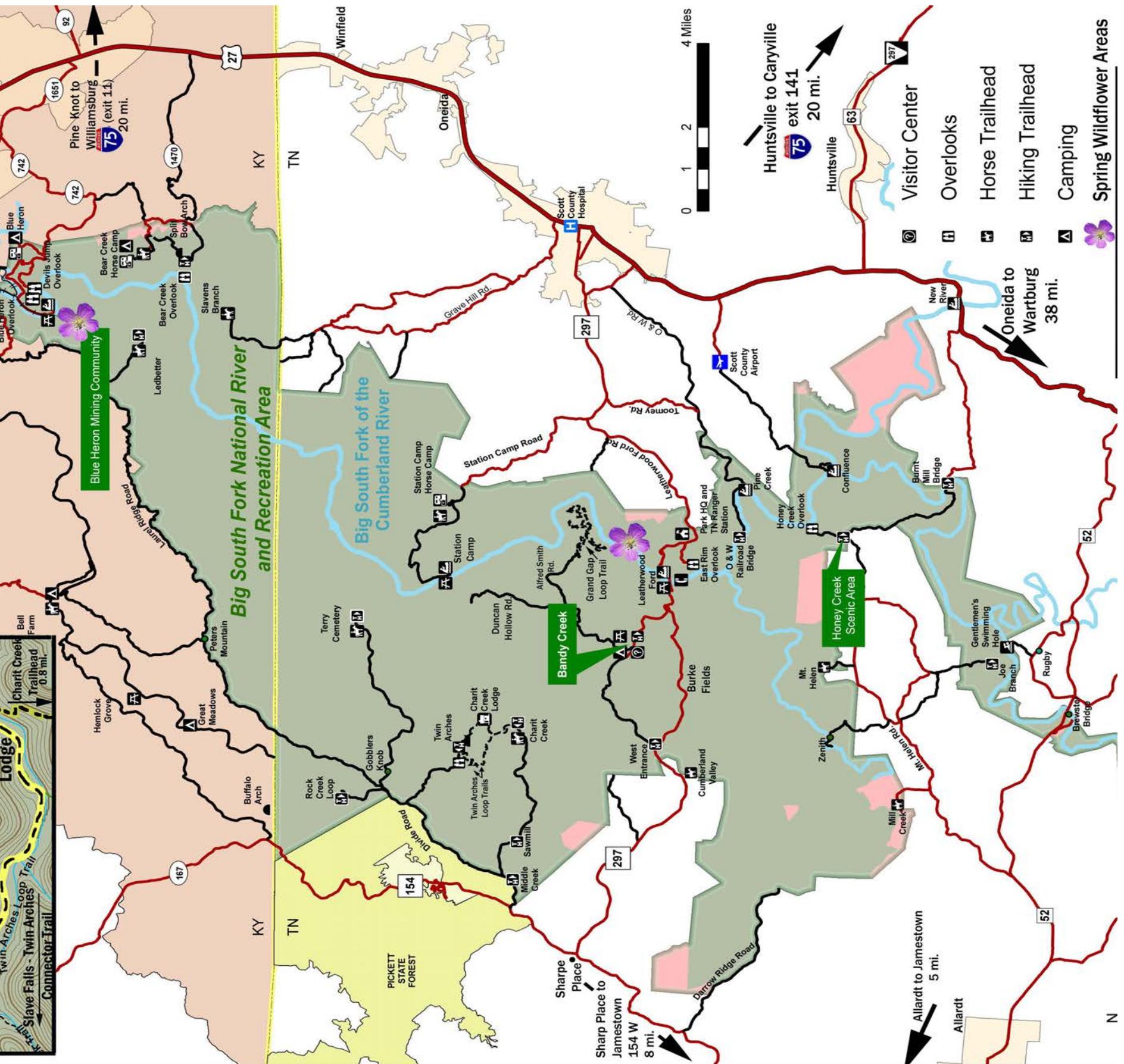
Driving Directions to Blue Heron Outdoor Museum from Stearns, KY: Turn off US27 onto KY 92W at Stearns, KY. Travel on KY 92W for 1.3 miles. Merge left onto KY 1651 and go 1 mile to reach Revelo, KY. Turn right onto KY742W and go 5 miles. The campground entrance will be on your right. Continue on KY742W for another 2.8 miles until you arrive at the Blue Heron Interpretative Center and Outdoor Museum.

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 Honey Creek Loop Trail from Bandy Creek VC: Continue East on TN-297 for 12 miles then turn right onto Honey Creek Loop Trail from Bandy Creek VC. Continue East on TN-297 for 12 miles then turn right onto US-27 S/Alberta St. After 10 miles turn right again onto Mountain View Road. Stay on Mountain View Road for 2.5 miles then turn right on Al Martin Road after the white church. Follow signs to Burnt Mill Bridge then to the Honey Creek Loop Road. Finally continue 3 miles till the parking lot and trail head on your left.





Huntsville to Caryville
 exit 141
 20 mi.

- Visitor Center
- Overlooks
- Horse Trailhead
- Hiking Trailhead
- Camping
- Spring Wildflower Areas

Oneida to Wartburg
 38 mi.

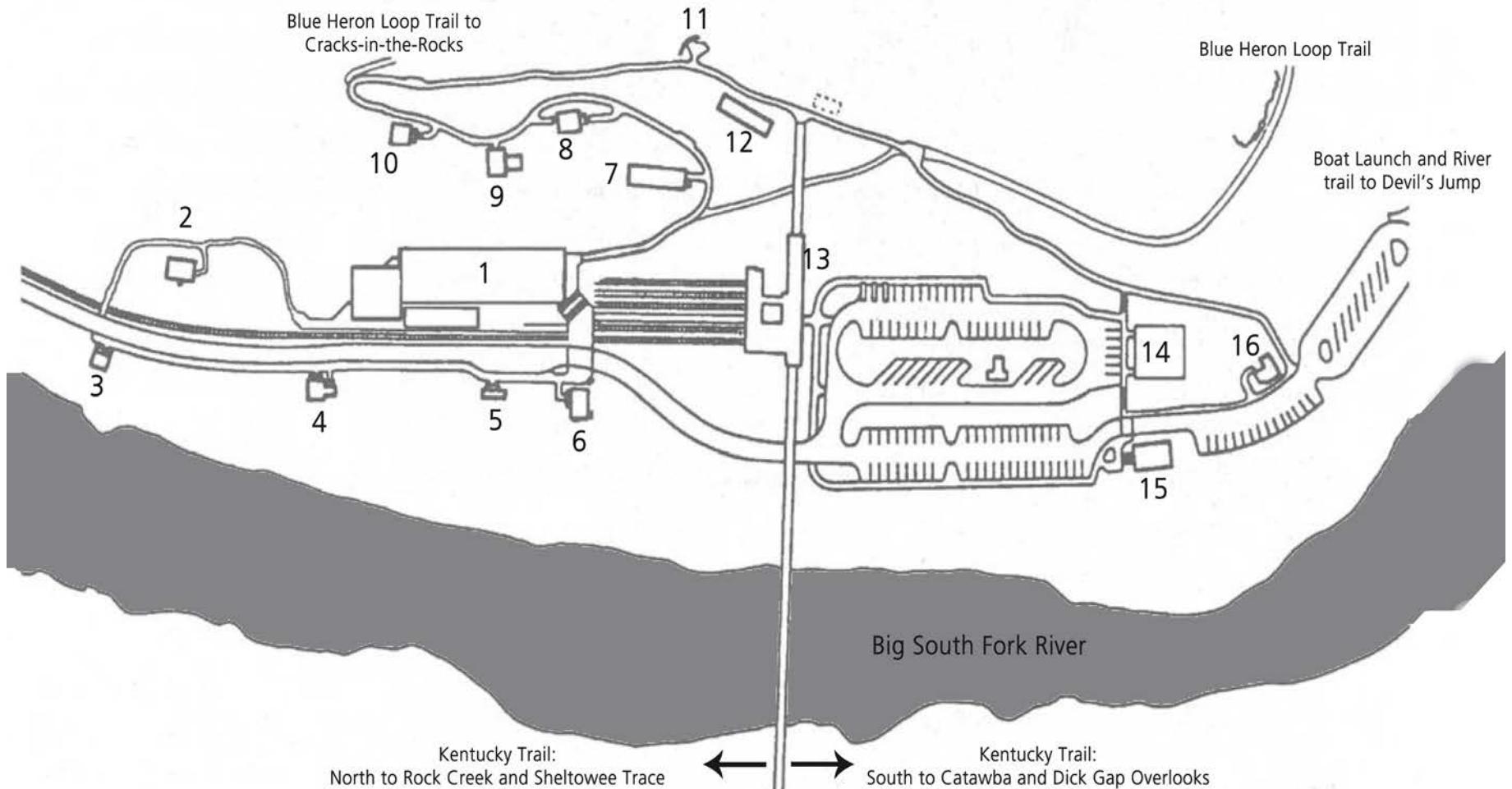
Allardt to Jamestown
 5 mi.

Sharp Place to Jamestown
 154 W
 8 mi.

Popular Day Hikes

	Trail Name	Rating	Distance	Time	Description
1	Angel Falls Overlook	Moderate/ Difficult	6 miles round trip	3 hours	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	Honey Creek Loop	Difficult	5.6 mile loop	6-7 hours	This naturally beautiful trail is technical and tough. It features a waterfall, several bolder scrambles, and points in the trail where you hike in or over creek beds. Rangers recommend hikers begin at the trailhead located across the road from parking area.
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 mile loop	4-5 hours	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 mile loop	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 mile loop	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 mile loop	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 mile loop	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 mile loop	1 hour	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	Split Bow Arch Loop Trail	Easy	1.2 mile loop	1 hour	From the Bear Creek overlook trailhead, this short hike takes you through one of the most accessible but also unique arches in the park. The Bear Creek overlook is right around the corner and is well worth the short 0.3 mile hike
12	Blue Heron Loop Trail	Moderate	7.0 mile loop	4 hours	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	Moderate/ Difficult	3.4 miles round trip	2-3 hours	Take the Kentucky Trail south at the Blue Heron coal tippel bridge 1.7 miles to the Catawba Overlook. The trail climbs steeply uphill and has several sets of steps. An optional 1 mile round-trip side trail to Dick Gap Overlook is well worth the time as well.
14	Yahoo Falls Loop Trail	Easy/ Moderate	1.2 mile loop	1 hour	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.

Blue Heron Outdoor Museum



1. Blue Heron Interpretive Center	5. Impressions and Attitudes	9. Courtship, Marriage and Family	13. Tipple and Bridge
2. Superintendent's House	6. Company Store	10. Entertainment	14. Concession Stand & Restrooms
3. Nature's Bounty	7. Bathhouse	11. Mine Entrance	15. Church
4. Women's Life	8. Moving	12. The Repair Shop	16. School House

Blue Heron was a coal mining camp and part of the Stearns Coal and Lumber Company's past operation. Today Blue Heron is an outdoor museum managed by the National Park Service. From 1937-1962 hundreds of people lived and worked in this isolated community on the banks of the Big South Fork River. Their story is the story of Blue Heron. Today, Blue Heron is also a great destination for outdoor adventurers. You can explore some of the hiking trails, float the river and even ride the Big South Fork Scenic Railway all in the same day at Blue Heron.

For additional information about the Blue Heron Community scan the QR code to the right (472 Mb).



Go Big 2020 Challenge

Big South Fork National River & Recreation Area is proud to introduce its fifth challenge designed to engage the public in health and fitness while exploring everything our national park has to offer. This year's theme is a Sense of Place and visitors will be challenged to go back in time and explore the history of the Big South Fork! This year's unique challenges were designed to help participants connect with the individuals that first fell in love with this area and many chose to settle here among the sandstone arches, Rhododendron, Mountain Laurel, diverse wildlife, and rich river system. Until December 12, participants will earn points based on the honor system by answering questions about the nature, and history of the park that will require exploration in search of site-specific information. Points will also be given for miles hiked, biked, paddled, or equestrian-ridden. Visitors can collect a total of 100 points to earn a GO Big 2020 patch. Collect 200 points for a silver medallion and 300 points for a gold medallion if you are up for a bigger challenge!

The GO Big 2020 Challenge is a year-long, self-paced, all-inclusive event designed to help all our visitors connect and experience the many diverse activities and areas along with the natural, historical, and cultural resources of Big South Fork NRRRA. This year's challenge encompasses six different categories: Blue Heron Challenge, Rock Shelter Challenge, Trail Challenge, Ranger Challenge, Community Challenge, and Social Media Challenge.

Pick and choose the challenges that are right for you, or choose to do them all! Download your GO Big 2020 Challenge booklet at <https://www.nps.gov/biso/planyourvisit/go-big-2020-challenge.htm>, or pick it up at Bandy Creek Visitor Center and get started today! Get ready to go back in time as you explore the history of Big South Fork and the Cumberland Plateau!

When completed, bring the booklet to Bandy Creek Visitor Center, or mail to:
Big South Fork National River & Recreation Area
4564 Leatherwood Road
Oneida, TN 37841
Attention: Go Big Challenge Coordinator

Challenge Wrap-up and Celebration

The challenge will wrap up on December 12, at 10:00 AM (ET) with a GO BIG Celebration. All visitors that participate in the challenge and are present will be recognized for their accomplishments and considered for an award in various categories.

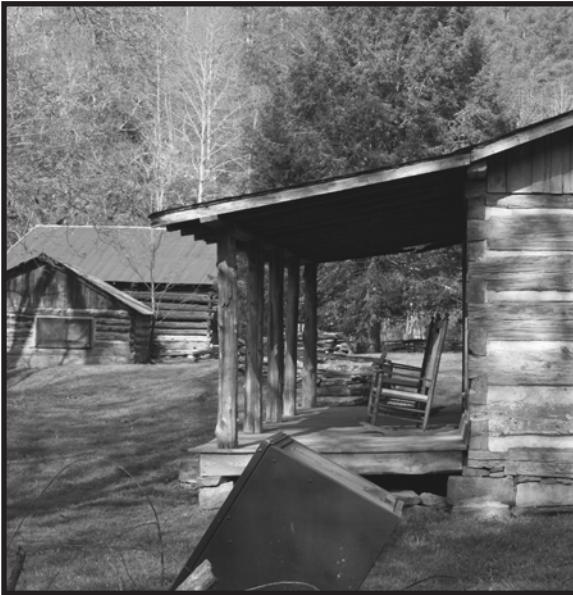


2020 Healthy Hike Program⁰¹

All programs subject to change, or cancellation

LOCATION/EVENT	DISTANCE (MILES)	DIFFICULTY	DATE	TIME (EASTERN TIME)
Oscar Blevins Loop-TN	3.7 miles	Easy/Moderate	February 1	10:00 AM
No Business Trail-TN	6 miles	Strenuous/Difficult	March 7	10:00 AM
John Smith Trail-TN	3.4 miles	Moderate	April 4	10:00 AM
Rock Creek Loop-TN	7.2 miles	Strenuous	May 2	10:00 AM
Blue Heron Loop-KY	6.4 miles	Moderate/Strenuous	June 6	10:00 AM
Middle Creek Loop Glow Worm Hike - TN	3.5 miles	Easy/Moderate	June 20	9:00 PM
Yahoo Falls Loop-KY	3.5 miles	Moderate	July 4	10:00 AM
Slave Falls Loop-TN	4.2 miles	Moderate	July 18	10:00 AM
Dick Gap & Catawba Overlook-KY	3.8 miles	Moderate	August 1	10:00 AM
Fall Branch Connector Trail-TN	4.4 miles	Moderate	August 15	10:00 AM
Indian Dome Rock House-TN	4.6 miles	Moderate	September 5	10:00 AM
John Muir Overlook-KY	5.4 miles	Moderate/Strenuous	October 10	10:00 AM
Beatty Oil Well-KY	4.2 miles	Moderate/Strenuous	October 31	10:00 AM
John Litton Farm Loop	6 miles	Moderate	November 7	10:00 AM

Visitor Services Providers



Charit Creek Lodge

Charit Creek 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.

Charit Creek Lodge

Backcountry Lodging and Dining
(865) 696-5611
www.ccl-bsf.com
charitcreeklodge@gmail.com

Bandy Creek Stables & Camp Store

Horse Boarding, Camp Supplies, food/beverage, WiFi
(423) 286-7433
www.bandycreekstables.com

America's National Parks

Bookstores at Bandy Creek & Blue Heron Visitor Centers
(423) 286-7275
www.eparks.com/store

Backwoods Adventures

Hiking and Backcountry Guide
PO Box 2010
Clarkrange, TN 38553
(931) 397-3490
<http://backwoodsadventures.org>
backwoodsadventureshiking@gmail.com

Ricky Allen River Outfitters

Guided River Trips
PO Box 1102
Whitley City, KY 42653
(606) 310-1683
BSFVeteranHunt@yahoo.com

Sheltowee Trace Outfitters

Guided River Trips, Equipment Rental, Tubing Trips and Shuttles
P.O. Box 1060
Whitley City, KY 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

DNK Presents

Guided Hiking Tours
PO Box 2064
Nashville, TN 47448
(812) 449-6134
www.dnkpresents.com

Southeast Pack Trips

Guided Horse Tours
299 Dewey Burke Rd
Jamestown, TN 38556
(931) 879-2260
www.southeastpacktrips.com

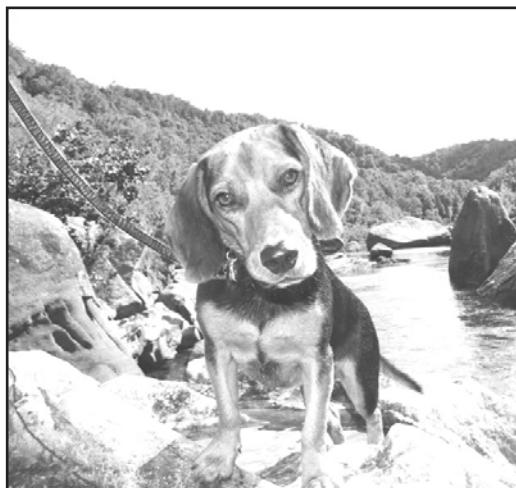
More information about outfitters may be found online at:
www.nps.gov/biso/planyourvisit/permitted-commercial-services-operators.htm.

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.



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

Tennessee Campgrounds

BANDY CREEK CAMPGROUND

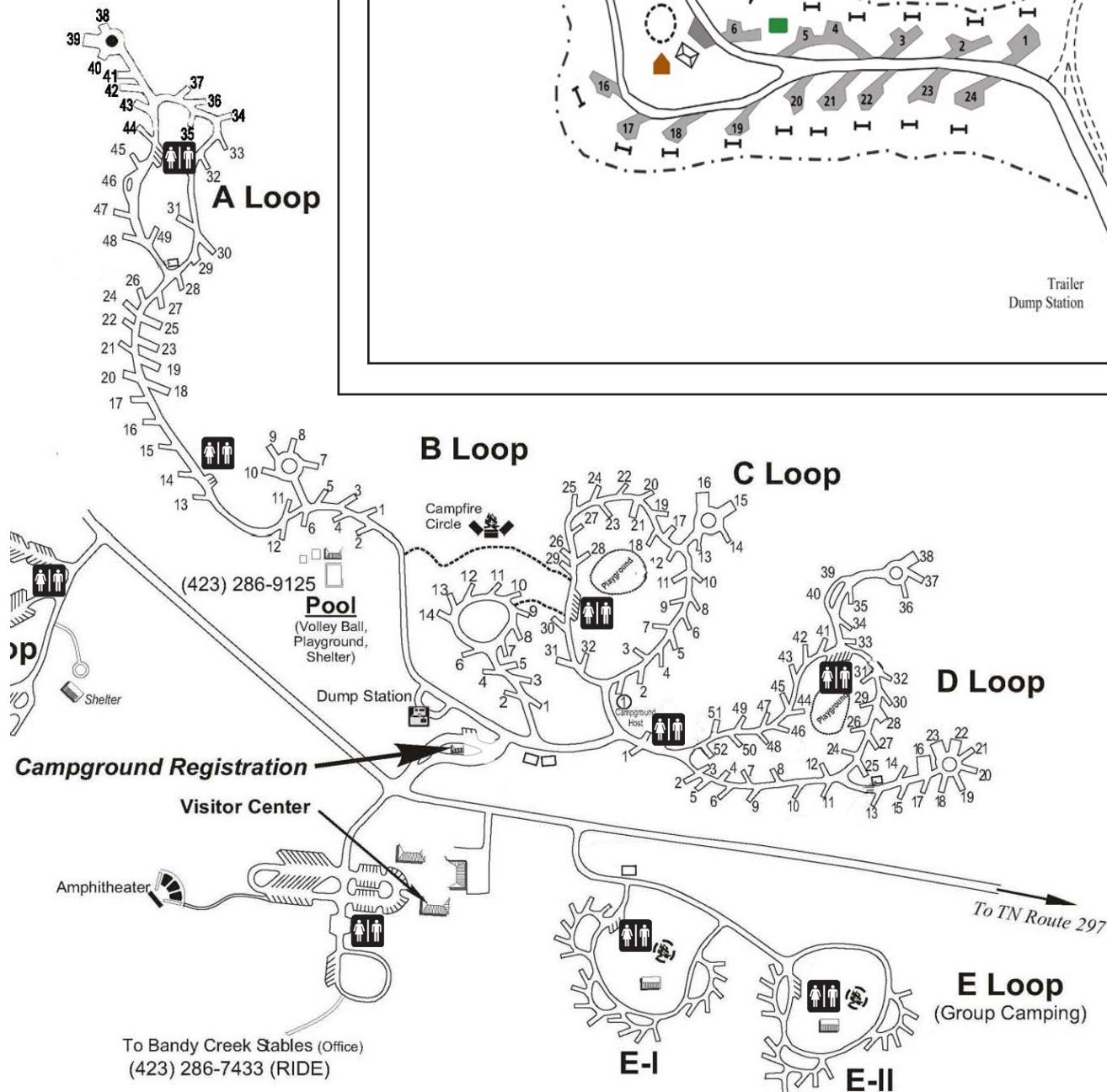
93 30-amp hook-up sites—\$25/night
 Five 50-amp hook-up sites—\$32/night
 49 tent sites—\$20 per night
 Open year-round
 Reservation system period: April-October
 Honor system period: November-March
 Phone number: (423) 286-8368
 Reservations: (877) 444-6777

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 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, call (423) 286-7433.

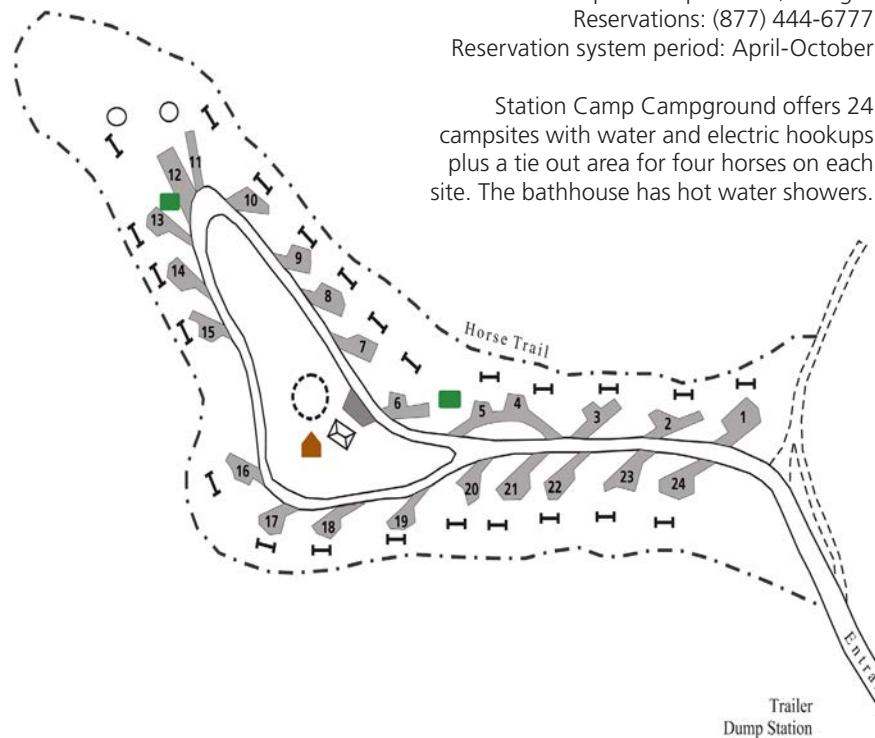
Campsite length details can be found at <http://www.nps.gov/biso/playourvisit/upload/CAMPGROUND-SITE-LENGTH-updated-2007.pdf>



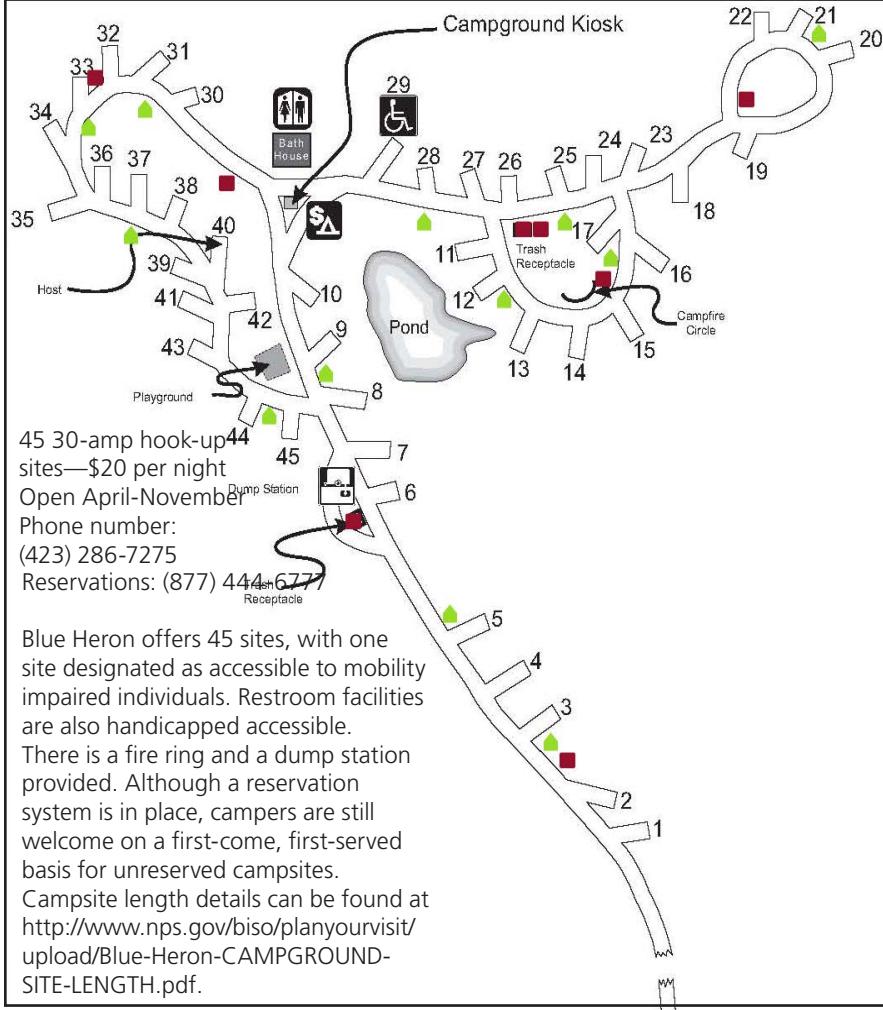
STATION CAMP CAMPGROUND

24 30-amp hook-up sites—\$28/night
 Reservations: (877) 444-6777
 Reservation system period: April-October

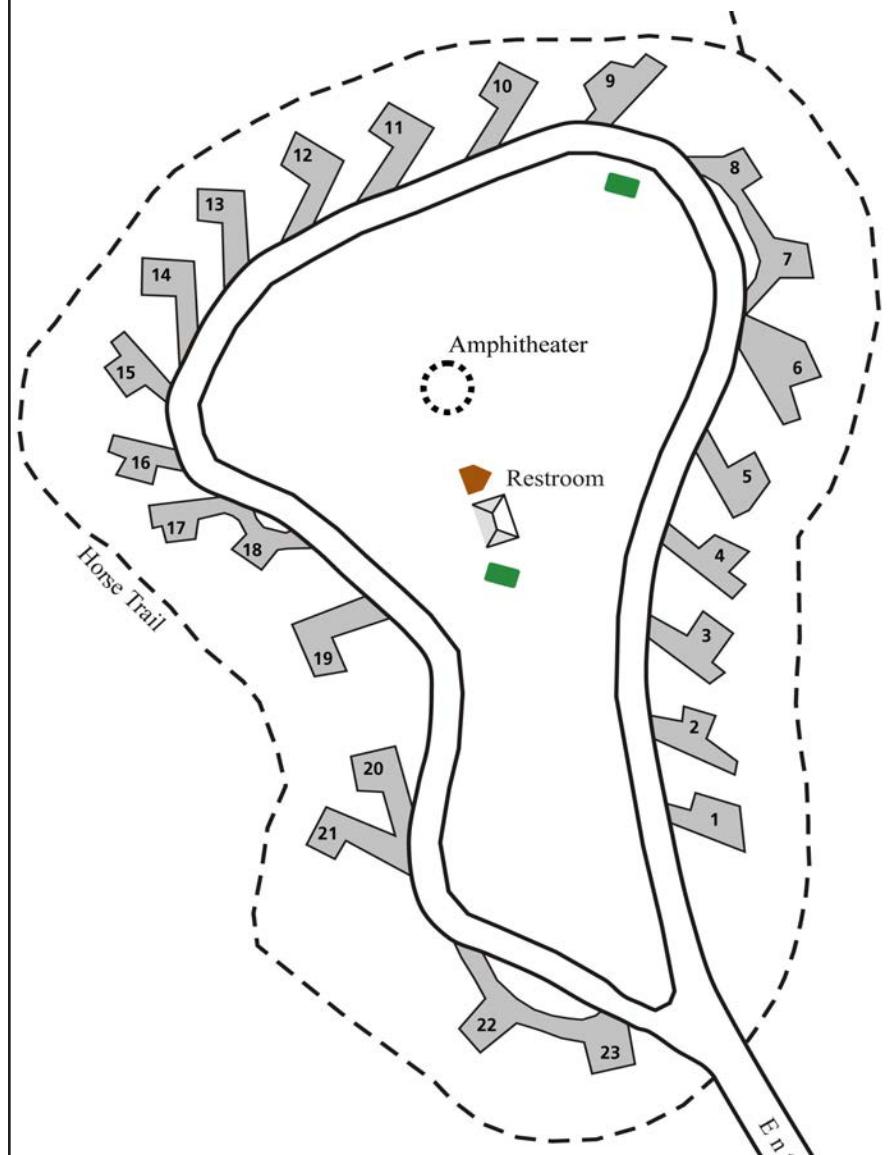
Station Camp Campground offers 24 campsites with water and electric hookups plus a tie out area for four horses on each site. The bathhouse has hot water showers.



BLUE HERON CAMPGROUND



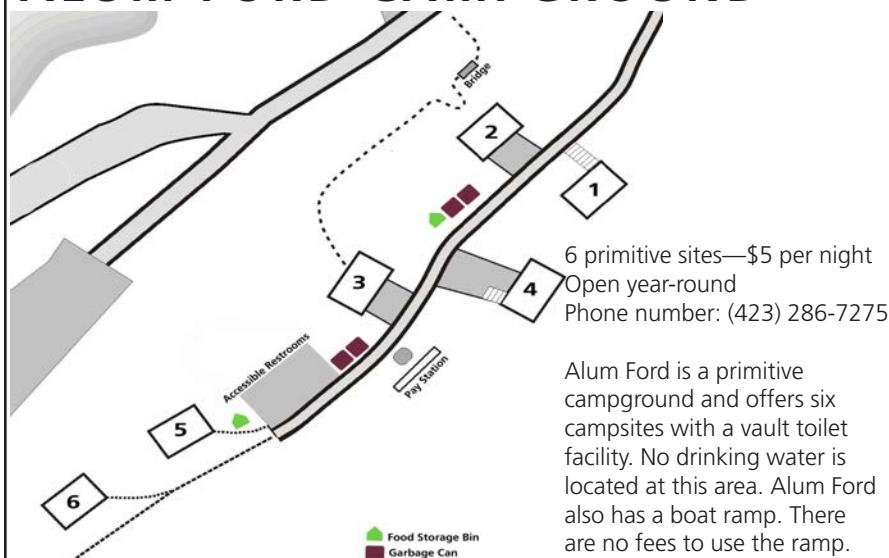
BEAR CREEK HORSE CAMP



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

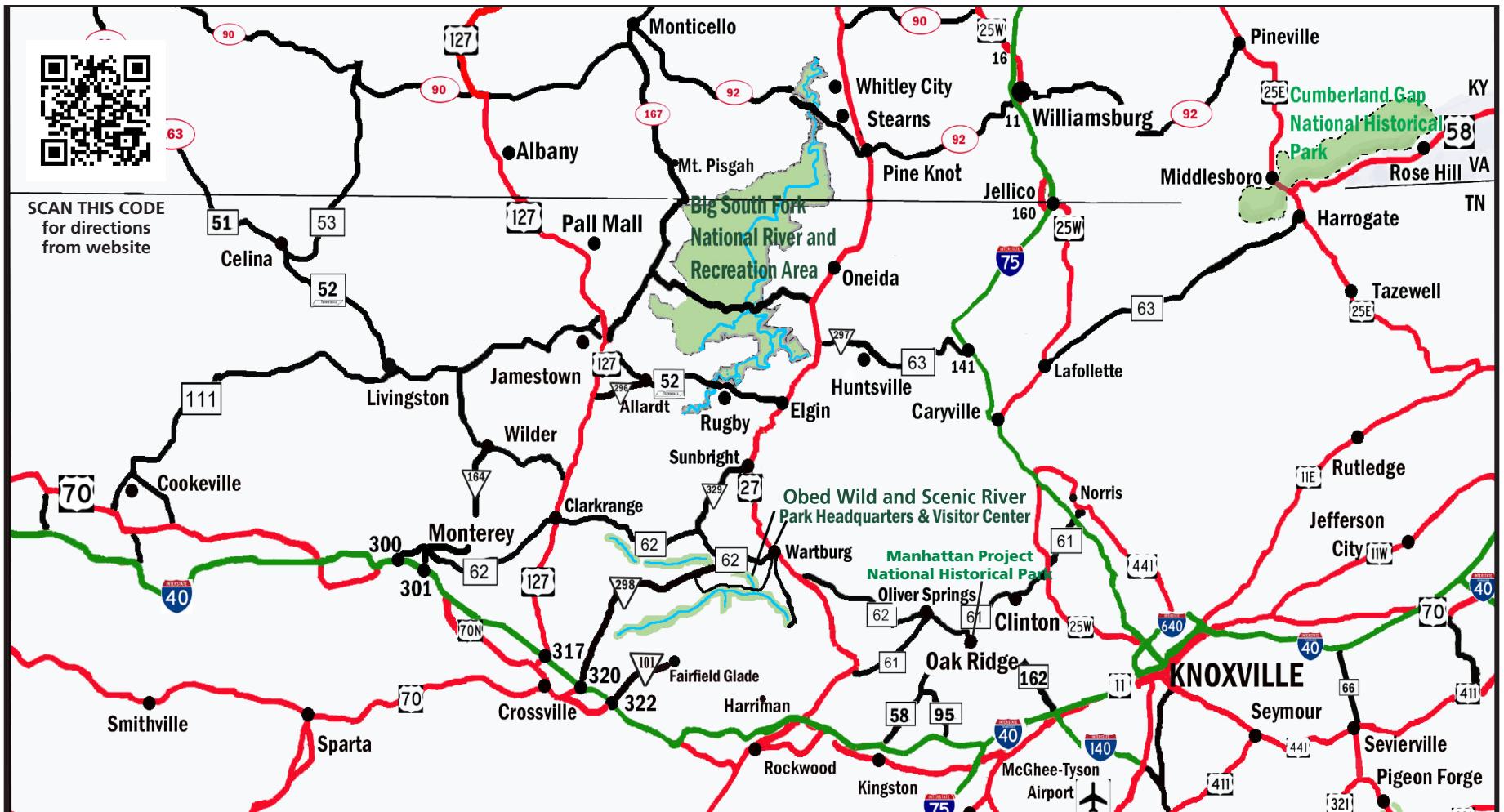
Bear Creek Horse Camp offers 23 sites with water and electric hookups as well as accommodations for horses. There is a dump station provided. The bathhouse has hot water showers. Although a reservation system is in place, campers are still welcome on a first-come, first-served basis for unreserved campsites.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

ALUM FORD CAMPGROUND



Kentucky Campgrounds

Spring/Summer 2020 Edition 15



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 AM to 5:00 PM (ET)

Historic Rugby Visitor Center

1335 Rugby Parkway
Rugby, TN
(423) 628-2441
2019 Summer Season (May 25-Sept 29)
Saturdays & Sundays: 9 am to 5 pm ET

Crossville Visitor Center

176 River Otter Drive
Crossville, TN 38571
(931) 787-1755
Open Year-Round
9 am to 5 pm CT

Blue Heron Outdoor Museum

8249 Mine 18 Rd
Strunk, KY
(606) 376-3787 Ranger Office
Open: Year-Round

Blue Heron Bookstore

(606) 376-5073
Open: April-October
Saturdays & Sundays: 11 am to 4 pm ET

Stearns Ranger Station

300 Wilburn K Ross Highway
Stearns, KY
(606) 376-5652
2019 Summer Season (May 25-Sept 29)
Saturdays & Sundays: 9 am to 5 pm ET

Scott County Visitor Center

12025 Scott Hwy
Huntsville, TN
(423) 663-6900
2018 Summer Season (May 25-Oct 31)
Saturdays & Sundays: 9 am to 5 pm ET

EMERGENCY NUMBERS

Kentucky

McCreary County Ambulance
(606) 376-5062

McCreary County Sheriff
(606) 376-2322

Tennessee

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

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

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

DIAL 9-1-1
for EMERGENCIES