

# Guts & Glory

## ADVENTURE TOUR

At 10:30 am by advance reservation or adding on to an existing tour that is not yet full. Also included as a part of the Lights Out Overnight package.

**Minimum Age Requirement: 16 years old**

**Tour Duration: Approximately 4 hours**

**Extreme Caving**

**Difficulty Level: Challenging Tour**

**The Guts & Glory Tour is our most extreme caving adventure and a once in a lifetime opportunity to explore cave passages not available to the public before. This premium spelunking adventure involves high climbs, ladders, ropes, and traversing hand lines.**

**Planning For Your Caving Trip:** Helmets and helmet lights are provided by Cumberland Caverns for use on this tour. Everyone participating in this tour must take a test crawl through "The Box" (approximately 14-inches tall, by 33-inches wide). This box was created to represent the smallest spaces everyone will be crawling through. Participants may bring their own camera and/or additional light source on this tour, however it is not necessary. In addition, please keep in mind that any type of camera or phone could end up broken – take them at your own risk. Chewing gum, food, drinks, and laser pointers are prohibited.

**What To Expect:** Following your guide, a stroll through the darkness of the Ten Acre Room leads you to the beginning of our most extreme caving adventure. You will begin your adventure by crossing the infamous "Devil's Quarry." This labyrinth of break-down and boulders is just to let you know this is not a trip for the beginning caver. By the time you reach "The Isle of Confusion," you will be ready for a rest, but the adventure is far from over. Some of the most beautiful passages in Cumberland Caverns lay ahead. Traversing up and down hand lines, climbing over boulders, navigating passages, and scaling the tallest ladder in the cave will lead you to passages not seen by the public before! You will experience dissolved limestone in Blue Mud Mountain, witness 20,000-year-old Lynx bones, and stand where legendary cavers once stood before - at the incredible "Rock of Ages" monument. The Great Extension, which leads to the third largest room in the cave - the Grand Hall, will leave you in awe at the vast void underneath Cardwell Mountain. This premium spelunking adventure involves high climbs, ladders, ropes, and traversing hand lines. We only take explorers ages 16 and up, and only in small groups of 2-14 people. This is a guided tour along a specified route in the cave, you must stay with your guide at all times.

**What To Wear For This Tour:** We REQUIRE gloves, sturdy, lace-up, closed-toe shoes or boots, and long pants (NO SHORTS!). We recommend wearing clothes and shoes that you do not mind getting muddy/wet, stained, or torn. We suggest a T-shirt or thin, long sleeves and long pants/jeans (not shorts). You may also wish to bring a change of clothes/shoes for after the tour is complete, to keep the inside of your vehicle from getting muddy. We do not recommend wearing jewelry, such as necklaces or bracelets, on this tour. We also recommend kneepads to wear on this tour. Bottled water is allowed to be brought on tour with you, but no other outside food or drinks. Helmets and headlamps will be provided for use on the tour.

### CAUTION STATEMENT

**DO** participate in these spelunking adventures if you have a sense of adventure, a thrill seeking condition, and a need for physical activity.

**DO NOT** participate in these spelunking adventure tours if you have heart or respiratory condition, knee or back problems.

For additional questions or to make a reservation, please contact us: 931-668-4396 [rsvp@cumberlandcaverns.com](mailto:rsvp@cumberlandcaverns.com)