

CUMBERLAND CAVERNS

Itinerary for “Lights Out” Overnight Adventure Package located in the *Central Time Zone*

Monday - Friday Schedule

Eat prior to arriving! Dinner may not be served until both tours are completed for the night.

●6:30PM (*central time*): CHECK IN!

-One group leader will check-in the entire group at the gift shop when everyone in the group has arrived. *Please remember, we cannot guarantee anyone that arrives late will make the tour.*

-Your guide will take you to the cave to locate your camp site in the Ten Acre Room. ***Please note that once entering the cave you will be unable to leave – cave doors will be locked for the night.*** So, please bring all medications and provisions necessary for the night with you before entering the cave.

- **Place your dinner order with the Overnight Manager.** They will be cooking for you while you are on your tours. A Snack Bar menu is included in your ON Prep packet.

●7:00PM: Your adventure begins!

-First, please change into clothes you do not mind getting muddy and knee pads/gloves (*optional*) for the Legacy adventure tour.

-Your guide will provide everyone with a helmet and headlamp for use on the adventure tour.

-Everyone must crawl through our “test box” (roughly 14-inches tall by 33-inches wide) to go on the adventure tour – this is to simulate the smallest spaces you will experience while on the tour.

-Begin your approx. 4 hour adventure tour!

Please note your tour may go faster or take longer depending on your group.

●10:30PM-12:30PM: Grab a light snack (*or purchase dinner, if ready*) from the snack bar.

-Arrive back at your campsite after dinner

-**After Dinner is served to everyone: All lights out in cave** - Please carry your personal flashlight at all times during lights out. Additionally, please be considerate of others that are sleeping. These are considered quiet hours, so we request that you do not begin packing up your campsite until the wakeup call. An overnight manager will be staying in the cave with you and be available in case of emergency.

PLEASE NOTE YOU ARE RESTRICTED TO YOUR CAMPSITE AREA AT ALL TIMES UNLESS ESCORTED BY A CUMBERLAND CAVERNS GUIDE. FREE EXPLORATION IS DANGEROUS, PROHIBITED AND GROUNDS FOR REMOVAL.

The Following Morning:

●7:45AM (*central time*): **Wake up call.** Complimentary breakfast will be at the snack bar. Please begin packing up your campsite and gather all of your belongings after you have eaten breakfast. Everyone will be led out of the cave around 8:45 am – 9 am central time.

PLEASE NOTE THAT THE TIMES LISTED ON THE ITINEARRY AND TOUR DURATIONS ARE APPROXIMATE. TIMES WILL VARY DEPENDING ON GROUP SIZES, HOW EVERYONE DOES ON THE TOURS, etc.

HAPPY CAVING!!!!

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