

# **CUMBERLAND CAVERNS ITINERARY**

## for **Muddy Mayhem** 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):** 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.* After check-in 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.

**\*\*Please Note: The Walking Tour and the Adventure Tour may or may not be done in the following order (below). It depends on various factors - such as how many groups are in attendance that night\*\***

- **7:00PM: Your adventure begins!**
  - First, please change into clothes you do not mind getting muddy and your knee pads/gloves (*optional*) for the Hall Crawl adventure tour.
  - You will walk to the helmet room where your guide will help you adjust helmets/headlamps that we provided for use on the Hall Crawl adventure tour.
  - After getting your helmet and headlamp, you 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.
  - After everyone has crawled through the “box” you will begin your 1.5-2 hour Hall Crawl adventure tour!
- **8:30 PM-9:00PM:** Grab a light snack (*or purchase dinner, if it is ready*) from the snack bar, before leaving out on your 1.5 hour Walking Tour. *You do not have to crawl through the box to go on the walking tour.*
- **10:00-10:30 PM:** Arrive back at your campsite. Food will be available at the snack bar during this time.
- **12:00 AM: All lights out in cave** - Please carry your personal flashlight at all times during lights out. You are restricted to your campsite and restrooms during lights out- You may NOT explore the cave without a guide. 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.

#### **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 taken out of the cave around 8:45AM central time.

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

**HAPPY CAVING!!!!**

# HALL CRAWL

## Adventure Tour

Offered at 9:30 am central time every day with 10+ day reservation (or can add to existing adventure that is not yet full)  
Also included in our Muddy Mayhem Overnight Adventure Caving Package.

**Minimum Age Requirement: 6 years old**

**Tour Duration: Approximately 2 hours**

**The Hall Crawl Adventure Tour is the perfect introduction to caving!**

**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. **This tour tends to be easier for kids and more difficult for adults.**



**What To Expect:** Your guide will take you to the helmet room to grab a helmet, then turn on the headlamp to begin your trek to the back of the historical Ten Acre Room. Start off by climbing up and down ladders, and then prepare to do a lot of crawling on your hands, knees, belly, and even scooting on your side through tight passageways such as the Lemon Squeezer. Tighten up your shoe laces as you prepare to tackle the unforgettable “Bubblegum Alley”, test your balance on the “Tight Rope” mud formation, and walk carefully up the scales on the “Dragon’s Back”, then slide down our natural formed mud slide to complete this tour. You can expect to have A LOT of FUN and MEMORIES you’ll never forget!! 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:** REQUIRED: Gloves, sturdy, lace up, closed-toe shoes or boots, and LONG pants. HIGHLY recommend knee pads. 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 sleeve.. You can NOT wear 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. You may bring bottled water (ONLY water) with you for this tour. Helmets and headlamps will be provided for use on the tour.

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

# Discovery Walking Tour

Offered daily, every hour on the hour from 9am-5pm central time, no reservation required, and included in some of our Overnight Adventure Packages.

**Minimum Age Requirement: None**

**Tour Duration: 1.5 hours Tour**

**Difficulty: Mildly Strenuous**

For this tour, you are in the commercial portions of the cave – there is electricity and no need for helmets, headlamps, crawling, climbing, or getting muddy. Guests will view some the largest rooms and passageways on this tour, the world-famous Volcano Room, one of our waterfalls and gleaming pools; while hearing about the history and legends of the caverns, some of the men who explored it, and information about the formations you see.



This tour is approximately 1 ½ hours long, guests will be walking 1 ½ miles in distance total. This tour is considered mildly strenuous – the paths on this tour are uneven, there are steep uphill/downhill slopes, bumps, and a couple of different sections where stairs are involved. One area on this tour, guests cross up and over a mountain inside of the cave to see our light show. There is a total of 350 uneven, hand-carved stone stairs used to cross the mountain in this section of the tour. When the light show ends, guests will cross back over to return to the front of the mountain. After returning to the front

of the mountain, guests will go down a separate area that contains less than 30 uneven steps.

This tour is guided and everyone in the group must stay with their tour guide the entire duration of the tour. Nobody is allowed inside of the cave without a guide or allowed to leave the group or cave without a guide escort.

We recommend wearing athletic-style shoes best-suited for walking or hiking (no sandals/flip flops). The cave is 56 degrees Fahrenheit year-round with 99% humidity. Some guests feel cool immediately upon entering the cave, but warm up after a few minutes of moving around. If you wish, you can bring a thin, long sleeve shirt or jacket.

**Please note: The cave is not handicap accessible due to the uneven pathways, stairs, steep uphill and downhill slopes, and there are some areas that do not have handrails. Strollers, wheelchairs, etc. will not make it through the cave. We strive to keep the cave as natural as possible, but make it safe for our guests to enjoy.**