

CUMBERLAND CAVERNS ITINERARY

for **Skylight Sleepover Overnight Adventure Package**

located in the *Central Time Zone*

Saturday & Sunday Schedule

- **Eat prior to arriving!** Dinner may not be served until both tours are completed for the night.
- **5:30PM (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. A Snack Bar menu is included in your ON Prep packet.

****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****

- **6:00PM: Your adventure begins!**
 - First, please change into clothes you do not mind getting muddy and your knee pads/gloves (*optional*) for the Higgenbotham's Hollow 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 Higgenbotham's Hollow 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 approx. 3-hour Higgenbotham's Hollow adventure tour!
- **9:00 PM-10:00PM:** 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.*
- **10:30-11:30 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!!!!

Higgenbotham's Hollow

Adventure Tour

Offered everyday at 1:30 pm with advance reservation or when joining an existing reservation that is not yet full. Also offered as part of the Skylight Sleepover Overnight Adventure Package.

Minimum Age Requirement: 11 years old

Tour Duration: Approximately 3 hours

This tour is recommended for experienced explorers and thrill seekers who are in good shape.

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: Brace yourself for A LOT of FUN and MEMORIES you will never forget!! Your guide will take you to the helmet room to grab a helmet and headlamp, and then you will embark on a 1-mile hike across Cardwell Mountain to the historic entrance of Cumberland Caverns. Challenge yourself on the route that is said to turn Higgenbotham's hair white! Climb up and down tall ladders and large rocks, crawl on your hands, knees, and belly as you squeeze through tight passageways like the "Birth Canal", and slide down some of our many naturally formed mud slides. Tighten up your shoe laces, as you prepare to slosh through the unforgettable "Bubblegum Alley", test your balance on the "Tight Rope" mud formation, and walk carefully up the scales on the "Dragon's Back". 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 wearing 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 we require 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 (ONLY pure 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.

For additional questions or to make a reservation, please contact us: 931-668-4396

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.