

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

**PLEASE NOTE THAT ALL TIMES ARE APPROXIMATE AND ACTUAL TIMES DEPEND ON THE ORGANIZATION AND ABILITY OF EVERYONE ON YOUR TOUR(S)**

**Saturday & Sunday Schedule**

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

Wear what you expect to go caving in- there may not be time to change once you go in the cave.

**●5:30PM (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.

**●6:00PM: 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 12-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.***

**●9:30PM-11:30PM:** 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 TOGETHER around 8:45 am – 9 am central time. You may not leave until a guide is ready to escort ALL overnight groups.

**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

Check website for calendar of availability, reservations highly recommended. Also included as a part of the Lights Out Overnight package.

**Minimum Age Requirement: 16 years old**

**Tour Duration\*: Approximately 4 hours**

**Difficulty Level: EXTREME Challenging Tour**

**The Guts & Glory Tour is an extreme caving adventure and a once in a lifetime opportunity. 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 12-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. 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 - 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. Climbing over breakdown blocks and boulders is quite a workout! We only take explorers ages 16+, and only in small groups of 2-14 people. This is a guided tour along a specified, approved route in the cave, you must stay with your guide at all times.

**\*All tour duration times vary depending on the size and athleticism of the entire group.**

**What To Wear For This Tour:** We REQUIRE you to bring and wear 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 a heart or respiratory condition, knee or back problems.

For additional questions or to make a reservation visit our website [www.cumberlandcaverns.com](http://www.cumberlandcaverns.com)

To contact us: 931-668-4396 [rsvp@cumberlandcaverns.com](mailto:rsvp@cumberlandcaverns.com)

## **THANK YOU FOR CHOOSING CUMBERLAND CAVERNS FOR YOUR ADVENTURE DESTINATION!**

We are excited to share with you the wonder & adventure of Cumberland Caverns! We want everyone to have fun, know what to expect and how to prepare for their overnight adventure in the cave. **Please make sure everyone receives a copy of this entire packet of information as well as completes their release forms PRIOR to arrival.**

### **Important Things to Remember:**

- **Please double check your check-in time (we are located in the Central Time Zone), reservation date, and our address for the correct location.** Again, if you arrive late we cannot guarantee you will make the tours because we do not want to inconvenience other groups that arrived on time.
- **Pack everything you will need for the overnight, but remember to pack light.** You will have to carry your own gear down into the cave. It is roughly 600 yards from the gift shop to the room where you will be sleeping. The trail through the cave is uneven, rocky, with steep uphill and downhill grades. We cannot haul guests or any of their gear into or out of the cave. Prior to entering the cave, please make sure you have everything you will need for the entire night, including all gear, any medications, etc. **After you have entered the cave, cave doors will be locked for the evening - this is for the safety of all of our guests.**
- **Please make the overnight manager aware of any special medical conditions by calling or emailing us ahead of time.**
- **Your group may have a late night, and therefore may be eating dinner late.** Please prepare for this by eating a light meal prior to arrival (light meal because there are no bathrooms along the adventure tour route, but also snack bar food will not be available for purchase until after your tours are completed for the night).
- **“The Box”** – Everyone going on the Adventure Tour(s) included in the overnight packages must crawl through our test box before departing for the tour (dimensions for the box are roughly 12-inches tall by 33-inches wide). This box helps simulate the smallest crawl spaces on these tours. Making it through this box is a must in order to go on the adventure tours. We can not tell you if you will fit over the phone or email because people carry their weight differently. With two people of same height and weight one may fit through the box and another may not. The best method is to make a box with these dimensions and see if you can squeeze through.
- **One Group Leader will come into the gift shop to check-in.** ONLY the group leader should go in the gift shop, the rest of your group should gather outside to wait for your guide to escort you into the cave. Please don't loiter in the gift shop unless making purchases. We still have other guests from daytime walking tours and adventure tours that may need to make purchases or speak with our staff.
- **Tennessee Tax Exempt Form, or a Federal 501C3 (if applicable).** These forms should be emailed prior to the date of your visit to [rsvp@cumberlandcaverns.com](mailto:rsvp@cumberlandcaverns.com). **If we do not receive an exemption form by check-in, all taxes must be paid in full at check-in, before your overnight adventure can begin.** We can NOT accept tax exemptions from other states.
- **Your tour guide will assign the group/organization a campsite in the Ten Acre Room** – it is VERY important that your group place their gear within their specific lettered area to ensure there is enough room for all groups of guests. You are not the only group doing tours!
- **Final Payment & Final Headcounts**
  - **Participants may be added to a reservation until 10-days before the date of your visit, and as long as space is available. Space is only guaranteed for the participants that paid in full in advance.** During peak season, we book up several months in advance!
  - **Unpaid participants or any participants added less than 10 days prior to the reservation date will incur a late charge of \$5.00 per person** in addition to the Overnight Adventure Package rate. No exceptions.
- **All tours are nonrefundable.** Please review the cancellation policy located later in this document. Any cancellations MUST be made according to that policy to receive any future credit, issued in the form of a digital gift card code. This gift card is ONLY valid for future cave tour reservations.

## UNSURE OF WHAT TO BRING FOR YOUR OVERNIGHT ADVENTURE?

*Below are some of our recommendations:*

✓ Things We Recommend Bringing:	🚫 Things PROHIBITED in the Cave:
✓ Bedding: sleeping bags, air mattresses, sleeping pads or a cot. (We do have an outlet for your air pump)	✗Tents
✓Tarp: to put under your sleeping bag. The cave is a dirt floor and it is humid.	✗Coolers
✓Closed-Toe Lace-Up Shoes or Boots with good traction are required of all explorers	✗Outside food or drink (A cave system is sensitive. Please ONLY eat in the designated area. Do not bring outside food, drinks or snacks unless approved in advance as dietary need. Food crumbs & wrappers outside of the designated dining area attract rodents deep into a cave where they won't naturally be -no light to see-)
✓Clean clothes to change into after your adventure (you WILL get muddy and wet)	✗Strollers, wheelchairs, wagons, etc.
✓Light Jacket: The cave is 56°F. During your adventure blood will be pumping and you will be warm.... When resting at camp you will be cool.	✗Fires (You are in a confined space... smoke and carbon monoxide build up could be deadly)
✓Garbage Bag: To put your muddy clothes into	✗Tobacco Products of any kind
✓Toiletries: toothbrush, wash rags, etc. There is NOT a shower in the cave, but there are sinks & toilets.	✗Alcohol or other drugs
✓Knee Pads & Elbow Pads: Highly recommended for all, but adults will ESPECIALLY be grateful they wore them.	✗Weapons
✓Gloves: Please wear gloves, it helps protect the cave (and your hands). Touching cave walls/formations with bare hands can cause the cave not to grow anymore.	✗Fighting, horseplay or rough-housing. Safety FIRST
✓Flashlight: All lights are turned off when everyone is finished with their tours. You will need this to get to the restroom in the middle of the night.	✗Excessive noise- Please be considerate of all guests
✓Money: Cash if preferred if possible. We do have a credit card machine but being 333' below the surface can make connections finnick.	✗Entering or exiting the cave without a guide (a Cumberland Caverns staff member must be with you at ALL TIMES you are outside of your designated camping area/restrooms/dining area) <b>THIS IS GROUNDS FOR DISMISSAL</b>
✓CPAP devices are allowed- But please let us know in advance so we can accommodate	✗Exploring the cave without a guide (This is dangerous! Our cave is huge with many maze-like passages, you could get lost... our cave also has electricity and plumbing. If you aren't with a guide who is showing you where it is safe to go you could end up injured, lost or worse! The cave is private property and to protect it for visitors into the future you must remain in designated areas) <b>THIS IS GROUNDS FOR DIMISSAL</b>
✓Follow the CAVERS CREED: "Take nothing but pictures, leave nothing but *carefully placed* footprints, kill nothing but time".	✗Writing on the walls/vandalism: We have HISTORIC writing on our walls that occurred prior to the passage of the Cave Resources Protection Act that we preserve. These writings occurred before the time of cameras and technology. If everyone wrote on the walls there would be no cave left for us to enjoy as a *NATURAL* area. <b>This is a violation of the Cave Resources Protection Act- A felony punishable by prison time &amp; hefty \$fines.</b>
✓A positive attitude- This is going to be fun and you will make memories of a lifetime!	✗Taking rocks or pieces of the cave as souvenirs- <b>This is a violation of the Cave Resources Protection Act- A felony punishable by prison time &amp; hefty \$fines.</b>

## General Information

**Address:** 1437 Cumberland Caverns Road McMinnville, TN 37110

Phone: 931-668-4396

- To reach the reservation office press extension 100 to skip the recording and be transferred.
- To reach the front desk press 0 to skip the recording.
- In the event of an outside emergency, the snack bar cave line can be reached by pressing 113 to skip the recording and be transferred to the phone in the cave.

Website:

[www.cumberlandcaverns.com](http://www.cumberlandcaverns.com)

Email:

[rsvp@cumberlandcaverns.com](mailto:rsvp@cumberlandcaverns.com)

We do have an open WiFi network in the Volcano Room, however we ask that it be used sparingly – embrace the full Caveman Campout experience!

## **CUMBERLAND CAVERNS RULES & REGULATIONS**

**Remember: Cave exploration can be a lot of fun, but to ensure the safety of everyone attending we have some rules that must be followed. Cave preservation and our guest's safety are BOTH extremely important to us at Cumberland Caverns.**

1. Discipline is to be maintained by the adults in the group. An unruly group can be very dangerous. **Failure to comply with all rules below could result in your expulsion from the cave.**
2. Cave vandalism of any form will not be tolerated! It is a felony offence to damage the cave or harm any of the inhabitants. Violators will be prosecuted.
3. Gloves are REQUIRED to participate in caving adventures.
4. Outside food and drinks CAN NOT be taken into the cave except by person with medical reasons. Please make manager aware of such conditions in advance.
5. Water bottles are permitted. DO NOT pour any liquids, including water, onto the cave floor! The humidity means the mud puddle that creates can be there for WEEKS!
6. All food and drinks must be consumed in the dining area only (the Volcano Room).
7. No running!
8. Stay together, with your group, and behind your guide on the designated trails.
9. No rock climbing or rock collecting!!!
10. Use designated restrooms ONLY!
11. Each person on the spelunking/adventure trip MUST have a headlamp (these and helmets are provided by Cumberland Caverns for use on such tours).
12. Place all litter into trash cans.
13. No smoking or tobacco products of any kind inside the cave.
14. No drugs, alcohol, or weapons of any kind- this will not be tolerated!
15. No one is permitted to leave the cave or designated camping area unescorted by a staff member after entering. Make sure each person in your group has EVERYTHING they need for their overnight stay prior to entering.
16. While people can bring and use their own headlight, we DO NOT allow people to bring and use their own helmet. Bring extra batteries if you use your own personal headlamp (instead of ours) on the adventure tours.
17. Do NOT disturb any bats or animals. Keep your distance, do NOT take flash-photography of the animals, and let them sleep! Bats have been suffering due to WNS- If they don't get their sleep (in the winter especially!) they could starve & die!

**AS A LEADER, WE THANK YOU FOR YOUR COOPERATION IN FOLLOWING AND HELPING US ENFORCE THESE RULES.**

# Cumberland Caverns

## Cancellation Policy

**There are no cancellations or refunds.**

*We incur all the same expenses from preparing for your activity and may have turned others away from the tour because you held those spots.*

**Overnight Adventures** may be rescheduled or issued credit for a future reservation -once- with a 10-day advance notice. A \$10 cancellation fee applies if you cancel an Overnight Adventure Package with less than 10 day but a minimum 2 day notice. Cancellations less than 2 days in advance and no-shows receive no credit.

**IF someone is unable to attend last minute you may substitute a different participant in their place.** You will need to call us so we can clear out the waiver for the person who is not attending to open up a blank waiver for the substitute. Please note all tours are subject to availability, which can change by the minute.

No-Shows and last minute cancellations are NOT eligible for rescheduling, vouchers or gift certificates.

All credit is issued in the form of a digital gift card code that is good for a maximum of 2 years from the original reservation date. Credit is only issued if the above policies are met. Cancellation fees apply according to the schedule above and **your gift card may be less a cancellation fee of \$10 per person.** These gift card codes are good ONLY for future tours booked in advance and are NOT valid for food or merchandise. They are issued at the discretion of management and are NON-TRANSFERABLE.

For questions or rescheduling, please contact us: 931-668-4396 ext 100 to leave a message or [rsvp@cumberlandcaverns.com](mailto:rsvp@cumberlandcaverns.com)



### SNACK BAR MENU

BBQ SANDWICH (PULLED PORK) \$7	BBQ NACHOS \$8
HOT DOG (ALL BEEF) \$5	CHILI DOG \$7
CHILI FRITO PIE \$7	BOWL OF CHILI (RANCH BEAN) \$5
CHEESE NACHOS \$6	BLACK BEAN BURGER \$9
BACON CHEESEBURGER \$8	CHEESEBURGER \$7
HAMBURGER \$6	+ADD BACON (1 STRIP) \$2
	+ADD CHEESE (NACHO OR SLICE) \$1
CANDY \$3	CHIPS \$3
COFFEE, HOT CHOCOLATE, CAPPUCCINO OR HOT TEA (GREEN OR BLACK) \$3	
SQUENCHER \$3	SODA \$3
BOTTLED WATER \$3	ORANGE JUICE \$2