

Cumberland Caverns Itinerary
for **Skylight Sleepover** 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.
- **ARRIVE WEARING THE CLOTHES YOU WILL BE GOING CAVING IN!** Any delays in starting your adventure tour due to the inability of your group to organize in a timely fashion could result in the cancellation of your walking tour portion!
- **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 and you will NOT eat until your tours are completed. A menu is provided at the end of this document.

****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!**
 - Make sure you are wearing all required apparel (long pants, gloves, sturdy lace-up shoes, etc)
 - Your guide will review the rules and fit you with a helmet & headlamp.
 - After getting your helmet and headlamp, you 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.
 - After the “box test” you will begin your Higgenbotham’s Hollow adventure tour!
- **9:00PM:** Drop off your caving gear and go immediately into your walking tour. ***This walking tour may be cancelled or cut short if your group falls behind on schedule.***
- **10:30-11:00 PM:** Arrive back at your campsite. Dinner and snacks will be available at the Cave Café.
- **12:00 AM: All lights out in cave QUIET hours** - 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. There are security cameras and you WILL be kicked 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.

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

Check website for calendar of availability, reservations highly recommended. 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 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, 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 go over rules and fit you with 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. ***All tour duration times vary depending on the size and athleticism of the entire group.**

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. 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 highly recommend kneepads to wear on this tour. Only pure water is allowed to be brought on tour with you, 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 visit our website www.cumberlandcaverns.com

To contact us: 931-668-4396 rsvp@cumberlandcaverns.com

Discovery Walking Tour

Offered daily at various times, check our website for a calendar and schedule. Also 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. **THESE STEPS ARE NOT OPTIONAL! YOU MUST STAY WITH YOUR GUIDE AT ALL TIMES!** 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.

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 rspv@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 finicky.	✗ 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) THIS IS GROUNDS FOR DISMISSAL
✓ 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) THIS IS GROUNDS FOR DIMISSAL
✓ 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. This is a violation of the Cave Resources Protection Act- A felony punishable by prison time & hefty \$fines.
✓ 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- This is a violation of the Cave Resources Protection Act- A felony punishable by prison time & hefty \$fines.

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

Email:

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 and may have turned others away from the tour because you held those spots. Cancellation policy varies on tour type (Daytime Adventure, Walking Tour and Overnight are all different).

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 24 hours in advance and no-shows receive no credit.

Please note all tours are subject to availability, which can change by the minute.

No-Shows are NOT eligible for any future credit.

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



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 \$2	CHIPS \$3
COFFEE, HOT CHOCOLATE, CAPPUCCINO or HOT TEA (GREEN OR BLACK) \$3	
SQUENCHER \$3	SODA \$2
BOTTLED WATER \$3	ORANGE JUICE \$2

MENU & PRICES SUBJECT TO CHANGE BASED ON CHANGING AVAILABILITY & PRICES OF SUPPLIES!