

Cumberland Caverns Itinerary for

Lights Out Overnight Adventure Package

located in the *Central Time Zone*

This is an Overnight PACKAGE, which includes “Guts & Glory” adventure tour, overnight accommodations in the designated area of the cave, a souvenir headlamp, and a complimentary light breakfast prior to departure in the morning.

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 a light meal prior to arriving!** Dinner may not be served until both tours are completed for the night...but at the same time there will be NO restrooms available on the Adventure Tour route, so you will need to be able to go up to several hours without using the restroom.
- **5:00 PM - ARRIVE by 5 pm 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!
- **5:00 PM-5:30 PM (*central time*):** Daytime tours are still ongoing; please do not crowd the gift shop. Keep your group together in the parking lot until we instruct you where to meet after check in. We will make an announcement over the loud speakers to call in one group leader at a time. At that time the Party Leader, and ONLY the party leader, will report to verify the names of all group members present and accounted for. *Please remember, we cannot guarantee anyone that arrives late will make the tour.*
- **ESCORTED to the cave by your tour guide:** 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 gear 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). Timing will vary based on how many groups are in attendance and what other activities are booked that night****

- **6:00PM: Your ADVENTURE tour begins!** Make sure you are wearing all required apparel (long pants, gloves, sturdy lace-up shoes, etc). **PLEASE NOTE: Anyone that chooses to sit**

out the adventure tour will be required to stay in the campsite area. They are NOT permitted to wander the cave and will have to wait to do the walking tour portion with the rest of their group. We have a few games/activities or you can plan to bring a book or something to keep you busy for the hours you are waiting. The price is the same per person regardless if you do the tour or not, as you are taking up a spot someone who wanted to tour could have taken.

- Your guide will review the adventure tour 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 everyone has crawled through the “box” you will begin you’re “Guts & Glory” adventure tour!
- **9-11 PM (approx.):** Arrive back at your campsite. Dinner and snacks will be available for purchase at the Cave Café.
- **12:00 AM (approx.): All lights out in cave QUIET hours** – This time may be later if all tour groups have not returned. 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 (approx.): Wake up call.** Complimentary *light* breakfast of a small muffin and juice or coffee 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 escorted out of the cave TOGETHER between 8:45 am and 9:00 am central time. **You may NOT exit until the guides are ready to escort ALL overnight groups out.**

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

Each member of this package is described in more details on the following pages.

Happy Caving!!!!

THANK YOU FOR CHOOSING CUMBERLAND CAVERNS FOR YOUR OVERNIGHT 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 ONLINE digital waivers PRIOR to arrival.**

Important Things to Remember:

- **We are located in the Central Time Zone).** Make sure you have the arrival time and location. If you arrive late we cannot guarantee you will make the tours. Once the gate to the parking lot and the cave doors are locked you are not able to join.
- **Overnight Adventure tours are limited in capacity as a SAFETY and SECURITY REQUIREMENT.** Each tour has a specific MAX number of guests a tour guide can take depending on the nature of that tour. **For Lights Out, 14 is the max that can go per tour guide.** If your group is over a certain size you will likely be split up into separate tour groups, but you will still be camping together. **Even if your group is small enough it could fit on one adventure tour there is the possibility your group will need to be split up depending on how many other groups are also participating.** Priority in keeping groups together as much as possible is given based on the order in which groups make reservations.
- **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 & security of all of our guests.**
- Please make the overnight manager is aware of any special medical conditions. If you have food allergies you should indicate them while completing the online waiver. If you need to bring special food you must package it securely, write your full name on it, and turn it in at the gift shop PRIOR to entering the cave. It will be safely stored inside the SnackBar until it is time for your meal. **You may NOT carry ANY food or drink into the cave in your overnight packs.**
- **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).
- **“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 stay outside near their vehicles until you are checked in and assigned a meeting place. Please don't loiter in the gift shop unless making purchases. We still have other guests from daytime walking tours and adventure tours that we may need to finish with so that we can start your overnight activities on time.
- **Tennessee Tax Exempt Form, or a Federal 501C3 (if applicable).** *Tennessee Tax Exempt Form, or a Federal 501C3 (if applicable).* If you are a tax exempt organization you must call us to set up your reservation as tax exempt PRIOR to making a reservation online. CURRENT documentation of tax exemption, issued Federally or by the State of TN, must be emailed to rsvp@cumberlandcaverns.com. **We can not retroactively apply a tax exemption to a reservation that was already made.** 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 camp area to ensure there is enough room for all groups of guests. There are no walls or dividers, and overnights are typically large with multiple scout/school/church groups all staying the same night. Be respectful of other overnight guests!

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 it isn't unusual for nights to book up several months in advance!

All tours are non-refundable. Please review the cancellation policy located later in this document. **If anyone backs out we advise you to find someone new to take their place, as we have already turned away other groups from having those spots.** 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.



When you arrive please respect our other tour guests who are still coming and going for daytime walking and adventure tours. Don't let your group block sidewalks, doors or porches so that our daytime guests can leave as their tours end, making it easier to get you all checked in.

NO EARLY CHECK IN! Our Overnight Manager will be checking you in, NOT the daytime gift shop cashier.

WE WILL MAKE AN ANNOUNCEMENT OVER THE LOUD SPEAKERS and CALL YOUR PARTY LEADER'S NAME when it is time to check in. Please keep the volume of your group to a level where you can hear those important announcements!

UNSURE WHAT TO PACK FOR YOUR OVERNIGHT ADVENTURE?

Below are the rules & recommendations.

✓ Things We Recommend Bringing:

- ✓ Bedding: sleeping bags, air mattresses, sleeping pads or a cot. (We do have an outlet for your air pump)
- ✓ Tarp: to put under your sleeping bag. The cave is a dirt floor and it is humid.
- ✓ Closed-Toe Lace-Up Shoes or Boots with good traction are required of all explorers
- ✓ Clean clothes to change into after your adventure (you WILL get muddy and wet)
- ✓ Light Jacket: The cave is 56°F. During tours you are warm, but sitting can be a bit chill.
- ✓ Garbage Bag: To put your muddy clothes into
- ✓ Toiletries: toothbrush, wash rags, etc. There is NOT a shower in the cave, but there are sinks & toilets.
- ✓ Knee Pads & Elbow Pads: Highly recommended for all, but adults will ESPECIALLY be grateful they wore them.

X Things PROHIBITED in the Cave:

- X Tents
- X Coolers
- X Outside food or drink. Please ONLY eat in the designated area. Do NOT bring food or drinks (other than water) to your campsite. Food crumbs & wrappers outside of the designated dining area attract rodents deep into a cave where you sleep.
- X Strollers, wheelchairs, wagons, etc.
- X Fires (You are in a confined space... smoke and carbon monoxide build up could be deadly)
- X No smoking of vaping products. *THERE WILL BE NO SMOKE BREAKS, ALL GUESTS MUST LAST THE ENTIRE NIGHT WITHOUT SMOKING or VAPING!*
- X Alcohol or other drugs
- X Weapons

✓ Things We Recommend Bringing (continued)

✓ 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.

✓ 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.

✓ Cash: We do have a credit card machine internet 333' below can be temperamental.

✓ CPAP devices are allowed- But please let us know in advance so we can accommodate. We only have a few outlets in the camp area.

✓ Follow the CAVERS CREED: "Take nothing but pictures, leave nothing but *carefully placed* footprints, kill nothing but time".

✓ A positive attitude- This is going to be fun and you will make memories of a lifetime!

X Things PROHIBITED in the Cave: (continued)

X Fighting, horseplay or rough-housing. Safety FIRST

X Excessive noise- Please be considerate of all guests

X Entering or exiting the cave without a guide. **THIS IS GROUNDS FOR DISMISSAL**

X Exploring the cave without a guide. This is dangerous! Our cave is huge with many maze-like passages, you could get lost. Our cave has the added danger of hidden electricity and plumbing. If you aren't with a guide you could end up injured, lost or worse! The cave is private property and to protect it for future visitors you must remain in designated areas. **THIS IS GROUNDS FOR DISMISSAL**

X Writing on the walls/vandalism & NO MUD BALLS!: We have HISTORIC writing on our walls that occurred prior to the passage of the Cave Resources Protection Act that we preserve. If everyone wrote on the walls there would be no cave left for us to enjoy and it could cover HISTORICAL information. **This is a violation of the 1988 Cave Resources Protection Act- A felony punishable by prison time & hefty \$fines.**

X Taking rocks or pieces of the cave as souvenirs- **This is a violation of the 1988 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 1 to skip the recording and be transferred.
- To reach the front desk cashier press 0 to skip the recording.
- There is NO phone service in the cave. If there is an EMERGENCY call our number and press 2 to be transferred to the MOD. If no one answers LEAVE A MESSAGE so we know you are trying to reach us.

Website: www.cumberlandcaverns.com

Email: rsvp@cumberlandcaverns.com

We have an open WiFi network in the Volcano Room, however it is NOT a guaranteed service (Our rural location and cave depth make it unreliable). Embrace the full Caveman Campout experience, put the cell phone away!

Cave preservation and our guests' 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! This includes, but is not limited to, writing on walls, mud balls, mud sculptures, breaking formations, etc. It is a felony offense to damage the cave or harm any of the inhabitants. Violators will be prosecuted.

3. Gloves are REQUIRED to participate in ADVENTURE tours. Bring them!

4. Outside food and drinks CAN NOT be taken into the cave. Those with medical reasons must make arrangements PRIOR to check-in at gift shop.

5. Water bottles are permitted, ONLY pure water! 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! No climbing on rocks in the camp or dining area.

8. Stay together, with your group, and behind your guide on the designated trails.

9. No rock collecting!!!

10. Use designated restrooms ONLY!

11. Headlamp/Helmet use is REQUIRED on adventure tours (provided by Cumberland Caverns for use).

12. Place all litter into trash cans.

13. No smokie or vaping 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.

16. While people can bring and use their own light, we DO NOT allow people to bring and use their own helmet. If you choose to use your own headlamp, bring extra batteries.

17. **Do NOT disturb any bats or animals.** Keep your distance, do NOT take flash-photography, 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!

18. RESPECT your tour guides. They are highly trained. Follow all instructions given by your tour guides and overnight leads. It's impossible to list every rule and regulation. Following their directions is not optional.



Guts & Glory Adventure Tour

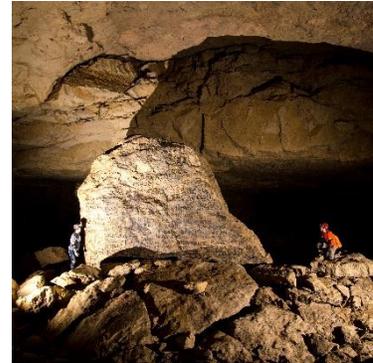
Available as a daytime adventure tour. Check website for calendar of availability.
Advance reservation highly recommended.

Also included as part of the Lights Out Overnight Adventure Caving Package.

Min. Age Requirement: 16 years old **Tour Duration*: Approximately 3-5 hours**

This EXTREME caving tour is for experienced explorers & 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: 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 3rd largest room in the cave - Grand Hall, will leave you in awe at the vast void underneath Cardwell Mountain. This premium caving adventure involves high climbs, ladders, ropes, and traversing hand lines. Climbing over breakdown blocks and boulders is quite a workout! We only take small groups of 2-14 people per guide. 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). 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 & 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 personality, 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.

Cumberland Caverns

Cancellation Policy

There are no cancellations or refunds.

We incur expenses from preparing for your activity and may have turned others away from your tour (or other activities) because we had assigned a guide to your activity.

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. 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



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

****Prices are subject to change based on the cost of supplies.***