

# 2025 Winter Adventure Weekend Schedule

Trip #	Trip Name	Extra Fee	Dropin	Trip Level	Trip Limit	Trip Date/Time	Hours	Field Trip Description	Meets At	Transportation
1	Cast Iron Cooking with Cook Wild Kentucky	\$ 10.00		1	20	Thu 1:30 PM	3.0	This class will feature outdoor cooking with cast iron as we prepare and sample several recipes using a campfire and charcoal briquets. Chili, cornbread, a campfire dessert, and more will be on the tasting menu! This class will include information for the beginner cook as well as tips useful to those more "seasoned!" Topics will include outdoor food safety, fire safety, food preparation outdoors, menu planning, and packing tips.	Meets at Pool Shelter drive and follow signs from lodge	Transportation required
2	Basics of Winter Tree ID	\$ 5.00		1	20	Thu 1:30 PM	2.5	Learn the basics of Winter Tree Identification. Join KY Division of Forestry Foresters and Rangers, and learn key characteristics that will enable you to identify some of the common tree species at Carter Caves. During the hike, attendees will be informed of characteristics such as buds, bark, twigs, etc., that are unique to each tree species. Once the hike is complete, participants will gain insight on ways to identify trees during the leafless dormant season. Hike distance of up to 1.5 miles in hilly terrain.	Meets at Welcome Center	Transportation required
3	Three Bridges Beauty Hike	\$ 5.00		1	15	Thu 1:30 PM	3.0	The beauty at Carter Caves State Park is demonstrated well in this moderate hike displaying natural stone bridges, stairs and the artwork of mother nature. As we hike you will see different ecosystems as we explore what the local animals are finding to eat in their natural habitat. If we have ice and snow be aware the bridges may be slippery. Please dress accordingly and wear appropriate footwear. We welcome the 50+ age group.	Meets at lodge	No transportation required
4	Nature Writing Workshop : Sensing the Wild	\$ 5.00		1	15	Thu 1:30 PM	2.0	In this immersive writing workshop, we'll explore the natural world through the lens of the five senses, drawing inspiration from poets like Mary Oliver, Ada Limón, and Wendell Berry. Participants will engage in a "sit spot" practice—finding a quiet outdoor space to observe and reflect on the sights, sounds, smells, and textures around them. We'll use this direct connection to nature to deepen our writing, honing the ability to capture the essence of a place and the subtleties of its presence. Through guided prompts and readings from Oliver, Limón, and Berry, we'll uncover new ways to express our relationship to the land, creatures, and moments of stillness. Whether you're a seasoned writer or just beginning, this workshop invites you to listen closely and write from a place of deep connection to the natural world.	Meets in Fields Facility of lodge	No transportation required
5	Wilburn Cave	\$ 10.00		2	10	Thu 1:30 PM	3.0	Wilburn cave is located near the top of a big ridge. The trip to the cave entrance is a strenuous 250 foot climb up a 30 degree banking, so you should be in good health to participate in this trip. There is little to no walking passage found in the whole cave and it is known for plenty of nasty little crawls. At one point in the cave you will have to straddle over top of a 20 foot canyon to navigate through the passage. The park will provide transportation to and from the cave. The cave is on private property and we have permission to visit the cave during Winter Adventure Weekend only!	Meets at lodge	No transportation required
6	Horton Hobbs Cave	\$ 10.00		2	20	Thu 1:30 PM	3.0	Find some hidden secrets in these wild and once often-visited park caves. Dripping dome rooms, scalloped rock passages, huge breakdown, a belly-crawl connection between caves, and a room filled with dozens of mini bathtub-like dams are just a few of the treasures you'll discover. These caves contain active streams. Be prepared to have wet feet, wet hands, possibly more if you slip! Water bottle/snack suggested. Total outdoor hike of at least 1.5 miles required over hilly terrain, so be mindful of the weather and dress appropriately!	Meets at Welcome Center	Transportation required
7	A Visit to Cascade Cave	\$ -		1	60	Thu 2:30 PM	2.0	Cascade Cave is one of the largest of over 200 caves in Carter County and is noted for its large chambers and numerous cave formations. Set your sights on the reflecting pool in the Lake Room, and the geologic diversity of the Cathedral Room. Finally entice yourself with our majestic 30-foot high underground waterfall. This is a commercially lit walking tour of the cave. You will meet your guide in the parking lot of Cascade Cave. Follow the signs from the lodge to the Cave.	Meets at Cascade Cave Parking Lot	Transportation required
8	The Story of the Cave	\$ 5.00		1	15	Thu 3:00 PM	2.0	Much has been discussed about the significant geology of Carter Caves. Join our residential old broke down caver as he reviews the most recent theories on what makes the Carter Caves area so special and unique. This trip will include a walk through X-Cave and a jaunt into the valley along Cave Branch. One highlight of the trip will include a walk through Carter Caves Natural Bridge, the only natural bridge in Kentucky that supports a paved road.	Meets at Welcome Center	Transportation required
9	Why Waste the Time? Panoramas.	\$ -	x	1	50	Thu 6:00 PM	1.0	A dive into how panoramas can bring your idea of a location into reality. Jake Lewis has been taking panorama photos for many years and has some of his work displayed on canvas in the lobby of the Lewis Caveland Lodge. Jake will give you a short presentation on some of the workflow, what and why's of panorama photography. He will have some tripods, lenses and mounts available to check out after the presentation.	Meets in Fields Facility of lodge	No transportation required
10	Winter Adventure Trivia Challenge	\$ -	x	1	50	Thu 7:00 PM	1.0	Gather your team and test your outdoor adventure knowledge at the Winter Adventure Trivia Challenge during Carter Caves' Winter Adventure Weekend! This exciting, family-friendly trivia competition invites teams of up to six participants to showcase their expertise across five thrilling categories, all inspired by outdoor and winter adventures. From wilderness survival to hiking trails and cold-weather wildlife, there's a question for everyone! Compete against other teams for the ultimate prize: a Carter Caves merchandise bundle, filled with unique items to commemorate your love for the great outdoors. Whether you're a trivia buff, nature enthusiast, or just looking for a fun group activity, this event promises an evening of camaraderie and adventure-themed excitement. There will be five outdoor adventure-themed topics that teams with up to 6 participants can choose from. The winning team will win a Carter Caves merchandise bundle! Get ready to challenge your wits, bond with your teammates, and celebrate the wonders of nature in this one-of-a-kind trivia experience. Don't miss out!	Meets in Fields Facility of lodge	No transportation required
11	Basics of Winter Tree ID	\$ 5.00		1	20	Fri 9:30 AM	2.5	Learn the basics of Winter Tree Identification. Join KY Division of Forestry Foresters and Rangers, and learn key characteristics that will enable you to identify some of the common tree species at Carter Caves. During the hike, attendees will be informed of characteristics such as buds, bark, twigs, etc., that are unique to each tree species. Once the hike is complete, participants will gain insight on ways to identify trees during the leafless dormant season. Hike distance of up to 1.5 miles in hilly terrain.	Meets at Welcome Center	Transportation required
12	Introduction to Geocaching	\$ 5.00		1	15	Fri 10:00 AM	1.5	Are you ready to embark on a thrilling adventure that combines technology, outdoors, and the excitement of a treasure hunt? Join us for an introductory class designed to teach you the basics of geocaching – the modern-day treasure hunt that's taking the world by storm! In this workshop we will cover all the basics you need to get started. Once you try it, you will likely be hooked so we will get you started with some SWAG, and then we will turn you loose on the fun and crazy world of geocaching. All you need is a smartphone and a love of adventure. G.P.S. Log and SWAG, let's go!	Meets at the Welcome Center	Transportation required
13	Speleology - The Science of Caves	\$ 5.00		1	25	Fri 10:00 AM	1.5	Join us for a walking tour of Carter County's largest commercial cave, Cascade Cave! Cascade, like many other caves, provides an environment found only below Earth's surface which supports a myriad of organisms that never see the light of day. This tour explores the science of how caves are formed, what organisms exploit these unique environments and how they survive there. While we journey through this fragile ecosystem, we will discuss ways in which we can protect caves to conserve this special environment. While caves seem isolated from the surface, everything we do trickles into and affects not only the caves, but the organisms that live there. Come with three scientists on a journey through Cascade Cave along the commercially lit walking path. Your guides in science will meet you in the parking lot of Cascade Cave.	Meets at Cascade Cave Parking Lot	Transportation required
14	Tygart's Creek Regretta	\$ 15.00		4	12	Fri 10:00 AM	6.0	This is a 6-mile canoe trip that navigates you through the Tygarts Creek Gorge. Kentucky's most scenic limestone gorge. You will be on the creek for at least 3.5 hours. It is cold and wet, especially if you swamp! Because of the remoteness of the gorge and limited access, there is no turning back once you start. Needless to say this trip is not for beginners. Canoes, paddles, and vests will be provided. You should bring water, lunch or a snack for we will be eating lunch along the creek. Required Equipment includes the correct attire for cold weather paddling, a wet or dry suit is highly recommended. Clothing should consist of layers of wool, fleece and polypropylene fabric, not cotton or denim. You are required to have a complete change of clothes in a proper dry bag made for paddling. There are no exceptions to the required equipment, and the trip leaders can remove you from the trip if you do not meet the requirements. We will meet at the Picnic Area (follow signs from lodge) then head for the put in point. This trip can be canceled if the creek is frozen over, flooding or too low to navigate. If this happens you can cancel your registration and receive a full refund or we can register you for other trips during the weekend.	Meets at the Picnic Area drive and follow signs from lodge	Transportation required

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15	<b>A Dummies Guide to Water Treatment for the Backpacker</b>	\$ -	x	1	50	Fri 10:00 AM	1.5	Confused About All The Options To Treat Water In The Backcountry? Not Sure What To Choose? Learn The Facts! Selecting a water treatment system can be an overwhelming decision. There are many factors to consider, including method, effort, size, weight, treatment time and cost. In this workshop we will cover all the major types of water treatment options for the backpacker, day hiker and camper and what types of organisms each system is effective at eliminating. We will discuss the pros and cons of each method. We will give you advice on what to consider, what we think is the most important, and which products might be best for you. We'll also discuss why treating water in the backcountry is necessary, the common waterborne pathogens you'll encounter, how they make you ill and the symptoms of waterborne illnesses.	Meets in Fields Facility of lodge	No transportation required
16	<b>A Visit to X-Cave</b>	\$ -		1	30	Fri 10:30 AM	1.0	X-Cave has two vertical joint passages that meander through a large layer of limestone, which puts you up-close to many beautiful cave formations. Some of the highlighted features include turkey rock, the pipe organ, and the giant column, which is the largest cave formation found at the park. Be aware of your surroundings and you will discover how this cave became known as "X-Cave." This is a commercially lit walking tour of the cave.	Meets at Welcome Center	Transportation required
17	<b>Hot Chocolate 5K Fun Run or Walk</b>	\$ -	x	1	100	Fri 10:30 AM	1.5	Drop in. Join us this morning to stretch your legs in a Hot Chocolate 5K run (or) walk through the park. The out and back course starts and finishes at the horse-camp-parking lot and offers 3.1 miles of flat roadway to accommodate runners and walkers of all abilities. A 1 mile Fun Run option is available for the kids or (for the kids of heart) is an option for anyone not wanting to tackle the full 5K. Dogs on leashes and strollers pushed by parents are welcome of course. Enjoy hot chocolate at the finish-line area and all participants will receive a small memento for braving the Hot Chocolate 5K. Restrooms are available at the start/finish-line area.	Meets at Horse Campground	Transportation required
18	<b>Orienteering 101: Treasure Hunting in the Woods</b>	\$ 5.00		1	50	Fri 1:00 PM	2.0	If you're looking for a new adventure that is part scavenger hunt, part thinking game, and all fun, then orienteering is for you! Like geocaching, orienteering involves finding hidden checkpoints in the woods. What makes orienteering different is that you don't get to use gps. The only gadgets involved are a map and compass! Participants will receive a detailed orienteering map of the park and use of a compass and timing chip to record their success in finding as many hidden checkpoints as they can within the time allowed. The trip will begin with the basic instruction necessary for success, presented by instructors from Orienteering Cincinnati and Orienteering Louisville. This trip is suitable for ages 8 and up.	Meets in Fields Facility of lodge	No transportation required
19	<b>Cast Iron Cooking with Cook Wild Kentucky</b>	\$ 10.00		1	20	Fri 1:00 PM	3.0	This class will feature outdoor cooking with cast iron as we prepare and sample several recipes using a campfire and charcoal briquets. Chili, cornbread, a campfire dessert, and more will be on the tasting menu! This class will include information for the beginner cook as well as tips useful to those more "seasoned!" Topics will include outdoor food safety, fire safety, food preparation outdoors, menu planning, and packing tips.	Meets at Pool Shelter drive and follow signs from lodge	Transportation required
20	<b>Cascade Gone Wild</b>	\$ 10.00		2	20	Fri 1:00 PM	3.0	Cascade Cave has been developed for commercial tours, but the fun begins when you head into the darkness and leave the tourist route behind. Participant will get a chance to walk the commercial routes and enjoy the formations along with scrambling over breakdown, attempting some duck walking, and experiencing some hand and knee crawls. Cascade is one of the largest caves found at park, and in my opinion, this tour is one of the best ways to appreciate its size. This tour, unlike the commercial tour, will cause some of those assorted aches and pains associated with caving.	Meets at lodge	Transportation required
21	<b>Horn Hollow &amp; Rimstone Cave Trip</b>	\$ 10.00		2	20	Fri 1:30 PM	3.0	Find some hidden secrets in these wild and once often-visited park caves. Dripping dome rooms, scalloped rock passages, huge breakdown, a belly-crawl connection between caves, and a room filled with dozens of mini bathtub-like dams are just a few of the treasures you'll discover. These caves contain active streams. Be prepared to have wet feet, wet hands, possibly more if you slip! Water bottle/snack suggested. Total outdoor hike of at least 1.5 miles required over hilly terrain, so be mindful of the weather and dress appropriately!	Meets at Welcome Center	Transportation required
22	<b>Pit Plunging</b>	\$ 10.00		4	10	Fri 1:30 PM	4.0	This trip will be only for those vertically-competent cavers with considerable experience (no beginners!). We will rig and bounce a pit or two in the area, but you must have your own vertical gear including a mechanical safety. The trip begins with a gear inspection and orientation by the field leaders (if you don't have an acceptable climbing system you will not go). These caves are only accessible during Winter Adventure Weekend!	Meets at Lodge	Transportation required
23	<b>Natural Bridge On Rappel</b>	\$ 5.00		2	6	Fri 1:30 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
24	<b>Up For Idiots Rope Climb</b>	\$ 5.00		2	10	Fri 1:30 PM	1.5	Cavers descend into deep pits to explore, but how do they get out? This trip will give you insight into the basics needed to ascend on a rope. You will be introduced to a system of rope ascending commonly used by cavers, and you will get a chance to do a rope climb silhouetted by Smoky Bridge. This is a physical activity that requires the use of your whole body to successfully participate in. We will provide you with all the necessary equipment including a climbing system and helmet. For your safety and comfort, you must be able to fit in the harness per manufacturer safety guidelines and be able to follow directions while on rope.	Follow signs from in front of lodge to site	No transportation required
25	<b>Down For Dummies Rappel</b>	\$ 5.00		2	6	Fri 1:30 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
26	<b>Rope Climbing Competition</b>	\$ -	x	2	10	Fri 1:30 PM	1.0	Drop in. Would you like to know if you're the fastest rope climber at Winter Adventure Weekend? Now is your chance to find out! So come, compete and see how you stack up. Everyone is welcome to compete, regardless of age or experience! This is a physical activity that requires the use of your whole body to successfully participate in. All of the required equipment will be provided for you. Personal equipment can be used, however the use of a seat harness is required. All personal gear will be inspected by the climbing competition staff, and the staff reserve the right to refuse gear that does not pass inspection. Prizes will be awarded by age group during the Saturday evening program. Stash are welcome to participate but will be in a separate category from event participants.	Follow signs from in front of lodge to climbing site	No transportation required
27	<b>A Walk In The Forest</b>	\$ 5.00		2	15	Fri 2:00 PM	3.0	Come learn all about the amazing diversity of organisms that inhabit the Carter Caves forest. We will discuss everything from why some trees make good whiskey barrels and others do not to how to use different plants when the zombies come. This hike will be about 1.5 miles in length along the Horn Hollow Trail.	Meets at Welcome Center	No transportation required
28	<b>Sandy Cave Flotilla</b>	\$ 10.00		2	10	Fri 2:00 PM	3.0	Sandy Cave has a huge and long trunk passage that is part of the Cascade Cave system. It also provides some interesting areas that are accessed by crawling and climbing. The entrance is through a karst window with a 70-foot pool of deep water at its bottom. The guides intend to lower a john boat to the pool and offer a boat ride to dry land. This is subject to cancellation if potential flooding conditions occur. Participants must help carry the boat through the woods for 1/2 mile to the cave on Friday afternoon trip and from the cave on the 10:00 Sunday morning trip. This cave is only accessible during Winter Adventure Weekend!	Meets at lodge	Transportation required
29	<b>Natural Bridge On Rappel</b>	\$ 5.00		2	6	Fri 2:00 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
30	<b>Down For Dummies Rappel</b>	\$ 5.00		2	6	Fri 2:00 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required

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31	A Visit to Cascade Cave	\$ -		1	60	Fri 2:30 PM	2.0	Cascade Cave is one of the largest of over 200 caves in Carter County and is noted for its large chambers and numerous cave formations. Set your sights on the reflecting pool in the Lake Room, and the geologic diversity of the Cathedral Room. Finally entice yourself with our majestic 30-foot high underground waterfall. This is a commercially lit walking tour of the cave. You will meet your guide in the parking lot of Cascade Cave. Follow the signs from the lodge to the Cave.	Meets at Cascade Cave Parking Lot	Transportation required
32	Natural Bridge On Rappel	\$ 5.00		2	6	Fri 2:30 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
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34	Rope Climbing Competition	\$ -	x	2	10	Fri 2:30 PM	1.0	Drop in. Would you like to know if you're the fastest rope climber at Winter Adventure Weekend? Now is your chance to find out! So come, compete and see how you stack up. Everyone is welcome to compete, regardless of age or experience! This is a physical activity that requires the use of your whole body to successfully participate in. All of the required equipment will be provided for you. Personal equipment can be used, however the use of a seat harness is required. All personal gear will be inspected by the climbing competition staff, and the staff reserve the right to refuse gear that does not pass inspection. Prizes will be awarded by age group during the Saturday evening program. Stanh are welcome to participate but will be in a separate category from event participants.	Follow signs from in front of lodge to site	No transportation required
35	The Story of the Cave	\$ 5.00		1	15	Fri 3:00 PM	2.0	Much has been discussed about the significant geology of Carter Caves. Join our residential old broke down caver as he reviews the most recent theories on what makes the Carter Caves area so special and unique. This trip will include a walk through X-Cave and a jaunt into the valley along Cave Branch. One highlight of the trip will include a walk through Carter Caves Natural Bridge, the only natural bridge in Kentucky that supports a paved road.	Meets at Welcome Center	Transportation required
36	Orienteering 101: Treasure Hunting in the Woods	\$ 5.00		1	50	Fri 3:00 PM	2.0	If you're looking for a new adventure that is part scavenger hunt, part thinking game, and all fun, then orienteering is for you! Like geocaching, orienteering involves finding hidden checkpoints in the woods. What makes orienteering different is that you don't get to use gps. The only gadgets involved are a map and compass! Participants will receive a detailed orienteering map of the park and use of a compass and timing chip to record their success in finding as many hidden checkpoints as they can within the time allowed. The trip will begin with the basic instruction necessary for success, presented by instructors from Orienteering Cincinnati and Orienteering Louisville. This trip is suitable for ages 8 and up.	Meets in Fields Facility of lodge	No transportation required
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40	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Fri 3:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbidle) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 10 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
41	Yoga in the Cave	\$ 5.00		1	20	Fri 3:30 PM	2.0	Continue your Winter adventure and trek underground for a refreshing yoga practice in the stunning Cascade Cave! Step through the natural entrance into the cave, a large, open room with a high ceiling featuring beautiful stalactites, stalagmites, flowstone, and more! Rejuvenate your mind and body as you are guided through standing and seated yoga postures, along with breathing exercises that are sure to relax and restore you. All levels are welcome in this practice, and previous yoga experience is not required. Wear clothing that is comfortable and easy to move in (jeans not recommended) and be prepared for temperatures around 55 degrees. Layers recommended. Bring a yoga mat and a large beach towel or blanket to put underneath the yoga mat. You will want the towel or blanket to be larger than your mat so you have room for your belongings. The cave floor consists of rock and dirt and may be damp or muddy in some areas. Karen Pierzala will be guiding your unique cave yoga experience.	Meets at Cascade Cave Parking Lot	Transportation required
42	Natural Bridge On Rappel	\$ 5.00		2	6	Fri 3:30 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
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46	Down For Dummies Rappel	\$ 5.00		2	6	Fri 4:00 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
47	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Fri 4:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
48	A Visit to X-Cave	\$ -		1	30	Fri 4:30 PM	1.0	X-Cave has two vertical joint passages that meander through a large layer of limestone, which puts you up-close to many beautiful cave formations. Some of the highlighted features include turkey rock, the pipe organ, and the giant column, which is the largest cave formation found at the park. Be aware of your surroundings and you will discover how this cave became known as "X-Cave." This is a commercially lit walking tour of the cave.	Meets at Welcome Center	Transportation required
49	Outdoor With The Dogs	\$ -	x	1	50	Fri 4:30 PM	1.5	Dogs are family. You love doing all the outdoorsy things, and you want to include your dogs. Don't risk becoming the owner looking for a lost dog, or nursing an injured dog back to health after encountering the unexpected. We will cover what to pack, how to travel, what to watch out for, and the skills your dogs need to master before hitting the trail.	Meets in Fields Facility of lodge	No transportation required
50	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Fri 5:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
51	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Fri 6:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
52	Tutus, Tunnels, and Trivia - OH MY!	\$ 10.00		2	20	Fri 6:00 PM	3.0	Get ready for the cave experience you never knew you needed... with Tutus and Glow sticks! On this unique trip through Cascade we will share trivia around the history of dance, art, and entertainment in caves. Did you know... a 9,000 year old cave painting is the earliest proof of human dance? Or, that the art of flamenco came from people living in excavated caves in Spain? Join our trip and learn more fun tidbits as we walk through large trunk passage, and scout through optional side tunnels for anyone itching for a hands and knees crawl! At the end of the trip we will have hot chocolate waiting. This trip is appropriate for all ages and comes with a free tutu to keep.	Meets at lodge	Transportation required
53	Friday Night Crawl	\$ 10.00		2	20	Fri 6:00 PM	3.0	On this Friday Night Crawl we will be warming up Bat Cave for the weekend. After a 1/4 mile walk into the dark forest you will enter the dark underground world of Bat Cave. Plenty to see on this trip with a mix of walking passage, rock scrambling, hands and knee crawls, belly slitherin all with a taste of mud and water. After all is said and done this trip will get you itchen to get back to cavin the rest of the weekend!	Meets at lodge	Transportation required
54	Carbide Lamp Trip	\$ 10.00		2	8	Fri 7:00 PM	2.5	Take a trip into Cascade Cave and see it like the old timer's (e.g. John Tierney) back in the day. We will go caving in Cascade Cave with only carbide lamps, and ONLY old-style carbide lamps. No newer type carbide generators, LED's or battery-powered lamps will be allowed. This trip will show you how the cave looked to the early explorers of the area when all they had was flame-type carbide lamps. We will tell you the history of the carbide lamp and how its simple design brought dependable light to miners and cavers throughout Kentucky back in the early 1900's. We will show you the exact spot where back in 1923, John Tierney scared a hibernating bear and then accidentally blew out his carbide lamp and was stuck in the cave for two days until he was rescued by park staff. This is but one of many stories associated with this cave. If you have an older type carbide cap lamp that is in working order please bring it. We will also supply carbide lamps for the rest of the group to use. There will be some stooping, bending and crawling involved so level 2 caving equipment is required minus the lights.	Meets at lodge	Transportation required
55	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Fri 7:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
56	Walking the Way of St. James: A Camino de Santiago Adventure	\$ -	x	1	50	Fri 7:30 PM	1.0	Join Andy Niekamp as he relives his 35-day journey of culture, friendship, and faith on the Camino de Santiago during the fall of 2023. His route, the classic and most popular route, the 480-mile French Way, stretches from St. Jean, France over the Pyrenees Mountains to Santiago de Compostela, Spain, the final resting place of the Apostle Saint James. The Camino is Spain, past and present. His route took us through medieval cities and areas of natural beauty such as Pamplona, famous for its bull run; La Rioja wine region; Burgos with its magnificent cathedral; elegant Leon and Ponferrada with its Templars Castle. From Ponferrada, the Camino continues through Galicia over the mountains and picturesque village of O Cebreiro. As a pilgrim, he endured the extremes of heat, cold, wind, and rain over steep mountains, on wooded paths, rolling farmland, and paved roads. He stayed in picturesque towns and villages, pensions, hostels, hotels and an albergue. Learn why the Camino de Santiago, a thousand-year-old footpath, is often called a journey for the body, mind, and soul. Come to hear why so many people from around the world embark on the Camino de Santiago.	Meets in Fields Facility of lodge	No transportation required
57	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Fri 8:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
58	Mock Expedition Overnight	\$ 30.00		2	30	Fri 8:30 PM	9.5	Prepare for an expedition into the depths of the earth and your imagination. We'll take a mock multi-day cave expedition to a base camp in the ancient cave system of the Cascades. Cavers will team up with Sherpa's to setup a deep base camp as we spend one Friday night in the cavern. Once camp is set we will take off and do some exploring of the unknown passages that lies ahead. We will likely encountering passages requiring stooping bending and crawling so level 2 caving gear is required. All overnight gear is to be supplied by the participant including a required 3 sources of light. Gear must be limited to cold weather camping gear and a tarp or piece of plastic to keep your gear on. Bring caving stories, caving questions, and caving lies to share around the base camp. All participants 17yrs and under must be accompanied by a parent or legal guardian, no exceptions!	Meets at lodge	Transportation required

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Trip #	Trip Name	Extra Fee	Dropin	Trip Level	Trip Limit	Trip Date/Time	Hours	Field Trip Description	Meets At	Transportation
59	Morning Coffee Hike with Goose Bridle Coffee	\$ 5.00		1	10	Sat 8:00 AM	1.5	Friends don't let friends drink instant coffee! Drinking coffee on the trail is a great way to enjoy the outdoors. Bring a mug and hike with Goose Bridle Coffee out to a scenic spot and enjoy a cup of fresh-roasted coffee made right on the trail. With camp stoves, we'll heat some water and use a few different portable brewing devices to make a fresh cup of coffee for everyone. Along the way we'll discuss ways to dial in your very own trail coffee setup.	Meets at lodge	No transportation required
60	Practicing Leave No Trace with Winter Recreation and Caving	\$ 5.00		1	20	Sat 8:30 AM	2.0	This is a hands-on, all-ages workshop presenting the Leave No Trace Outdoor Ethics as they apply to winter recreation and caving. Guided by two Leave No Trace Trainers, you will gain new insight on how to minimize your impact on the environment regardless of season or location. This isn't a lecture but a fun, interactive program that will take us into caves and onto trails designed to educate and enlighten! All participants will get souvenirs courtesy of the Trainers.	Meets at Welcome Center	Transportation required
61	Key Features of Karst Landscapes	\$ 5.00		3	20	Sat 8:30 AM	3.0	During this four-mile hike, you will learn to decipher tell-tale surface features that are indicative of a dynamic sub-surface environment. Cave entrances, sinkholes, pits, shelters, springs, arches, and bridges will be featured on this scenic ramble. The hike follows the Three Bridges Trail, with several short off-trail ventures.	Meets at lodge	No transportation required
62	History of Mine Lighting	\$ 5.00		1	10	Sat 8:30 AM	3.0	Eastern KY has a rich and proud coal mining heritage. This trip will strive to show the participants what it was actually like to work in the mines with only the light of various flame lamps. From early clamshell lamps to carbide, the last flame lamp, this will be a history and hands on experience of how the miners did their hard work underground with barely enough light to see. We will have working original examples and explain the history of each type of mine light. You will see original photographs from the day of not only the miners, but also the kids as young as 6 years old that worked in the mines day in and day out. Trip will take place on the commercial routes of Cascade Cave. No Flashlights will be used, participants will be provided a carbide miners light (one light per two people) to light the path ahead.	Meets at lodge	Transportation required
63	Bat Cave Backdoor	\$ 10.00		2	20	Sat 8:30 AM	3.0	While the bats are sleeping in the front of the cave, we will be entering into the back of the cave after a quarter mile hike to the cave entrance. Bat Cave is a completely wild cave with the exception of the cave gates. This trip is a combination of walking, duck walking, scrambling over breakdown piles, creek crossings, belly slides, and hand and knee crawls. You get the whole package with the cave being a combination of dry, muddy and wet. How wet you get depends on how merciful your guide is.	Meets at lodge	Transportation required
64	Sandy Cave Flotilla	\$ 10.00		2	10	Sat 8:30 AM	3.0	Sandy Cave has a huge and long trunk passage that is part of the Cascade Cave system. It also provides some interesting areas that are accessed by crawling and climbing. The entrance is through a karst window with a 70-foot pool of deep water at its bottom. The guides intend to lower a john boat to the pool and offer a boat ride to dry land. This is subject to cancellation if potential flooding conditions occur. Participants must help carry the boat through the woods for 1/2 mile to the cave on Friday afternoon trip and from the cave on the 10:00 Sunday morning trip. This cave is only accessible during Winter Adventure Weekend!	Meets at lodge	Transportation required
65	Carter City Connection	\$ 10.00		3	18	Sat 8:30 AM	5.0	This is an extensive cave system with many dusty crawling and walking passageways. The dust will be flying in the crawls so if you have breathing problems this is not the trip for you. Highlights include encountering the famous Bills Crawl, a 100 ft. belly crawl utilizing only your elbows and toes. The trip to the cave entrance is a 300 ft. climb up a 30 degree banking, so you should be in good health to participate in this trip and have past caving experience. This cave is one with a long history including a short stint as a commercial cave in the late 1800s. In case of cold weather, it is suggested you wear a coat to the cave entrance and leave it until the return. Note: 20 miles of car travel roundtrip. These caves are on private property and we have permission to visit them during Winter Adventure Weekend Only!	Meets as lodge	Transportation required
66	Leap of Faith	\$ 5.00		1	6	Sat 8:30 AM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
67	Down For Dummies Rappel	\$ 5.00		2	6	Sat 8:30 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
68	Up For Idiots Rope Climb	\$ 5.00		2	10	Sat 8:30 AM	1.5	Cavers descend into deep pits to explore, but how do they get out? This trip will give you insight into the basics needed to ascend on a rope. You will be introduced to a system of rope ascending commonly used by cavers, and you will get a chance to do a rope climb silhouetted by Smoky Bridge. This is a physical activity that requires the use of your whole body to successfully participate in. We will provide you with all the necessary equipment including a climbing system and helmet. For your safety and comfort, you must be able to fit in the harness per manufacturer safety guidelines and be able to follow directions while on rope.	Follow signs from in front of lodge to site	No transportation required
69	Rope Climbing Competition	\$ -	x	2	10	Sat 8:30 AM	1.0	Drop in. Would you like to know if you're the fastest rope climber at Winter Adventure Weekend? Now is your chance to find out! So come, compete and see how you stack up. Everyone is welcome to compete, regardless of age or experience! This is a physical activity that requires the use of your whole body to successfully participate in. All of the required equipment will be provided for you. Personal equipment can be used, however the use of a seat harness is required. All personal gear will be inspected by the climbing competition staff, and the staff reserve the right to refuse gear that does not pass inspection. Prizes will be awarded by age group during the Saturday evening program. Stanh are welcome to participate but will be in a separate category from event participants.	Follow signs from in front of lodge to site	No transportation required
70	Horn Hollow & Rimstone Cave Trip	\$ 10.00		2	20	Sat 9:00 AM	3.0	Find some hidden secrets in these wild and once often-visited park caves. Dripping dome rooms, scalloped rock passages, huge breakdown, a belly-crawl connection between caves, and a room filled with dozens of mini bathtub-like dams are just a few of the treasures you'll discover. These caves contain active streams. Be prepared to have wet feet, wet hands, possibly more if you slip! Water bottle/snack suggested. Total outdoor hike of at least 1.5 miles required over hilly terrain, so be mindful of the weather and dress appropriately!	Meets at Welcome Center	Transportation required
71	Cascade Gone Wild	\$ 10.00		2	20	Sat 9:00 AM	3.0	Cascade Cave has been developed for commercial tours, but the fun begins when you head into the darkness and leave the tourist route behind. Participant will get a chance to walk the commercial routes and enjoy the formations along with scrambling over breakdown, attempting some duck walking, and experiencing some hand and knee crawls. Cascade is one of the largest caves found at park, and in my opinion, this tour is one of the best ways to appreciate its size. This tour, unlike the commercial tour, will cause some of those assorted aches and pains associated with caving.	Meets at lodge	Transportation required
72	So You Want to Try Caving? Bat Cave Visit	\$ 10.00		2	15	Sat 9:00 AM	3.0	This trip into Bat Cave is perfect for first-time cavers of all ages! We will see a little mud, a few puddles, and maybe a bat or two; learn some safe-caving guidelines; hear some spooky cave stories; and find out the REAL reason caves are dark. It is mostly walking with a short crawl, and you will never be more than five minutes from the entrance if you decide that caving is not your thing. A limited number of helmets and lights are available. If you need to borrow a helmet and light, you must reserve them at least two weeks before the trip by calling the Rereation Department at 606-286-7009.	Meets in Fields Facility of lodge	Transportation required
73	Leap of Faith	\$ 5.00		1	6	Sat 9:00 AM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
74	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 9:00 AM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required

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Trip #	Trip Name	Extra Fee	Dropin	Trip Level	Trip Limit	Trip Date/Time	Hours	Field Trip Description	Meets At	Transportation
75	Tygart's Creek Regretta	\$ 15.00		4	12	Sat 9:00 AM	6.0	This is a 6-mile canoe trip that navigates you through the Tygarts Creek Gorge. Kentucky's most scenic limestone gorge. You will be on the creek for at least 3.5 hours. It is cold and wet, especially if you swamp! Because of the remoteness of the gorge and limited access, there is no turning back once you start. Needless to say this trip is not for beginners. Canoes, paddles, and vests will be provided. You should bring water, lunch or a snack for we will be eating lunch along the creek. Required Equipment includes the correct attire for cold weather paddling, a wet or dry suit is highly recommended. Clothing should consist of layers of wool, fleece and polypropylene fabric, not cotton or denim. You are required to have a complete change of clothes in a proper dry bag made for paddling. There are no exceptions to the required equipment, and the trip leaders can remove you from the trip if you do not meet the requirements. We will meet at the Picnic Area (follow signs from lodge) then head for the put in point. This trip can be canceled if the creek is frozen over, flooding or to low to navigate. If this happens you can cancel your registration and receive a full refund or we can register you for other trips during the weekend.	Meets at the Picnic Area drive and follow signs from lodge	Transportation required
76	Down For Dummies Rappel	\$ 5.00		2	6	Sat 9:00 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
77	Recreational Tree Climbing	\$ 10.00		2	10	Sat 9:00 AM	1.5	Like climbing trees? Recreational tree climbing is a popular high adventure activity that puts a twist to our backyard tree climbing pastime. We will cover what the traditional tree climbing schools are teaching, which is traditional double rope technique that involves using a modified hip thrust to pull themselves 20-40 feet off of the ground. The location will not only give you a great view, the classroom portion will be sheltered from the elements. Participants 15 years and under require parent or guardian supervision. Required equipment includes climbing appropriate gloves and warm clothing.	Follow signs from in front of lodge to site	No transportation required
78	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sat 9:00 AM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbid!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
79	X-Cave Flashlight Tour	\$ -		1	25	Sat 9:30 AM	1.0	View X-Cave in a way that most visitors do not - by flashlight only. We will turn out the commercial lights of the cave and cruise the passages with your flashlights. You can use your lights to discover the many cave formations that decorate the cave walls. A dependable light source is required for every participant. Keep your eyes peeled, and you may see some of the resident big brown bats hibernating in X-Cave.	Meets at Welcome Center	Transportation required
80	Tracking	\$ 8.00		1	25	Sat 9:30 AM	3.0	Come learn how to read the messages that all are left behind by all animals, including humans. You will learn how to recognize the seven basic attributes of all tracks. This class will open your eyes many of the things you have been missing in a wilderness setting. Things such as what animal a track represents, how fast it was moving and its size. This will include looking at the vast amount of sign beyond what is captured in tracks on the ground such as aerial sign and intangible sign. This workshop is very useful for anyone that enjoys seeing more wildlife, and being more aware of what surrounds even when you cant see it. Come learn how to read the ground like a book.	Meets at Pool Shelter drive and follow signs from lodge	Transportation required
81	Intro to Rock Climbing	\$ 10.00		2	8	Sat 9:30 AM	3.0	Join us for an introduction to rock climbing experience on Kentucky Sandstone! This trip will teach basic technical skills and climbing techniques to safely climb in a top rope setting. All technical equipment will be provided, this includes harness, helmets, and shoes for each individual. Each participant needs to wear comfortable shoes to hike to the climb site with, and bring water and a snack with them for the day. <b>Anyone under 18 must be accompanied by an adult.</b>	Follow signs from Cottage area to the site	Transportation required
82	Tar Kiln Trek	\$ 10.00		3	15	Sat 9:30 AM	6.0	A BIG cave, with numerous entrances, and just getting there is a challenge. You'll hike about a half mile to the cave through cow pastures and steep sloping hills and maybe snow and ice, and then you must decide, "How wet do I really want to get?" Understand that eventually you'll be making that half mile hike back to your vehicle. Wet gear is recommended if you want to get really wet, but most will choose only to get their boots wet. There are only a few short necessary crawls, but for those of you that love to crawl, opportunities will be available. Bring a change of clothes for afterwards. NOTE: This trip attempts to avoid as much water as possible. NOTE: 25 miles of car travel round trip. The cave is on private property and we have permission to visit the cave only during Winter Adventure Weekend!	Meets at lodge	Transportation required
83	Bat Cave Backdoor	\$ 10.00		2	20	Sat 9:30 AM	3.0	While the bats are sleeping in the front of the cave, we will be entering into the back of the cave after a quarter mile hike to the cave entrance. Bat Cave is a completely wild cave with the exception of the cave gates. This trip is a combination of walking, duck walking, scrambling over breakdown piles, creek crossings, belly slides, and hand and knee crawls. You get the whole package with the cave being a combination of dry, muddy and wet. How wet you get depends on how merciful your guide is.	Meets at lodge	Transportation required
84	Sandy Cave Flotilla	\$ 10.00		2	10	Sat 9:30 AM	3.0	Sandy Cave has a huge and long trunk passage that is part of the Cascade Cave system. It also provides some interesting areas that are accessed by crawling and climbing. The entrance is through a karst window with a 70-foot pool of deep water at its bottom. The guides intend to lower a john boat to the pool and offer a boat ride to dry land. This is subject to cancellation if potential flooding conditions occur. Participants must help carry the boat through the woods for 1/2 mile to the cave on the Friday afternoon trip and from the cave on the 10:00 Sunday morning trip. <b>This cave is only accessible during Winter Adventure Weekend!</b>	Meets at lodge	Transportation required
85	Horton Hobbs Cave	\$ 10.00		2	10	Sat 2:00 PM	2.5	A trip to one of the less well-known caves in the Park. Discovered in 1984 and originally named Coon-in-the-Crack Cave, this short and less-known-and-visited cave has a both crawlway and pit entrances (pit negotiated with a ladder). The western half of the cave is vaguely suggestive of how Saltpetre Cave must have looked prior to mining and commercialization. The trip will include a hike to and from the cave.	Meets at lodge	Transportation required
86	Down For Dummies Rappel	\$ 5.00		2	6	Sat 9:30 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
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88	Leap of Faith	\$ 5.00		1	6	Sat 9:30 AM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
89	Rope Climbing Competition	\$ -	x	2	10	Sat 9:30 AM	1.0	Drop in. Would you like to know if you're the fastest rope climber at Winter Adventure Weekend? Now is your chance to find out! So come, compete and see how you stack up. Everyone is welcome to compete, regardless of age or experience! This is a physical activity that requires the use of your whole body to successfully participate in. All of the required equipment will be provided for you. Personal equipment can be used, however the use of a seat harness is required. All personal gear will be inspected by the climbing competition staff, and the staff reserve the right to refuse gear that does not pass inspection. Prizes will be awarded by age group during the Saturday evening program. <b>Stanh are welcome to participate but will be in a separate category from event participants.</b>	Follow signs from in front of lodge to site	No transportation required

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Trip #	Trip Name	Extra Fee	Dropin	Trip Level	Trip Limit	Trip Date/Time	Hours	Field Trip Description	Meets At	Transportation
90	Cascade Gone Wild	\$ 10.00		2	20	Sat 10:00 AM	3.0	Cascade Cave has been developed for commercial tours, but the fun begins when you head into the darkness and leave the tourist route behind. Participant will get a chance to walk the commercial routes and enjoy the formations along with scrambling over breakdown, attempting some duck walking, and experiencing some hand and knee crawls. Cascade is one of the largest caves found at park, and in my opinion, this tour is one of the best ways to appreciate its size. This tour, unlike the commercial tour, will cause some of those assorted aches and pains associated with caving.	Meets at lodge	Transportation required
91	BYOK - Paddle Trip	\$ 15.00		4	12	Sat 10:00 AM	6.0	Paddle your way on this 6 mile KAYAK trip that navigates you through the Tygarts Creek Gorge. Kentucky's most scenic limestone gorge. You will be on the creek for at least 3.5 hours. It is cold and wet, especially if you flip your boat! Needless to say this trip is not for beginners! If you have not figured it out BYOK stands for bringing your own kayak. The park provides the transportation shuttle from the Welcome Center and guides for your trip down Tygarts Creek. Required equipment includes: kayak, paddle, PFD (life jacket), helmet and the correct attire for cold weather paddling. A wet or dry suit is highly recommended, if not you are REQUIRED to have a complete change of clothes in a dry bag. Clothing should consist of layers of wool, fleece and polypropylene fabric, not cotton or denim. There are no exceptions to the required equipment, and the trip leaders can remove you from the trip if you do not meet the requirements. Bring a pack lunch or snacks for we will be stopping for lunch on the creek. We will load your kayaks on our trailer at the Picnic Area (follow signs from lodge) then head for the put in point. This trip can be canceled if the creek is frozen over, flooding or too low to navigate. If this happens you can cancel your registration and receive a full refund or we can register you for other trips during the weekend.	Meets at the Picnic Area drive and follow signs from lodge	Transportation required
92	Yoga Hike	\$ 5.00		1	15	Sat 10:00 AM	2.5	Join us for a unique yoga experience in the midst of a winter wonderland. This moving meditation covers approximately 2 miles of hiking and roughly 20-minutes of a beginner-friendly yoga practice. Transportation is required to get to the Welcome Center as the hike will begin at the trailhead near X-Cave. We will traverse the first section of the 4Cs trail, a quiet, serene, and hilly section of woods. This leads us to a path that brings us to the backside of Natural Bridge. It is here we will pause for a mindful outdoor yoga practice, then loop back to the Welcome Center. No yoga mat is required, but it is recommended that you bring a towel or shirt for sitting on the ground.	Meets at Welcome Center	Transportation required
93	Down For Dummies Rappel	\$ 5.00		2	6	Sat 10:00 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
94	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 10:00 AM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
95	Up For Idiots Rope Climb	\$ 5.00		2	10	Sat 10:00 AM	1.5	Cavers descend into deep pits to explore, but how do they get out? This trip will give you insight into the basics needed to ascend on a rope. You will be introduced to a system of rope ascending commonly used by cavers, and you will get a chance to do a rope climb silhouetted by Smoky Bridge. This is a physical activity that requires the use of your whole body to successfully participate in. We will provide you with all the necessary equipment including a climbing system and helmet. For your safety and comfort, you must be able to fit in the harness per manufacturer safety guidelines and be able to follow directions while on rope.	Follow signs from in front of lodge to site	No transportation required
96	Leap of Faith	\$ 5.00		1	6	Sat 10:00 AM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
97	Mug Ruggin' It	\$ -	x	1	10	Sat 10:00 AM	0.5	Drop in. Have some time to spare? Try your hand at the centuries old craft of weaving. You will have the opportunity to weave on a multi-harness floor loom, all materials will be provided and you will have a mug rug to take home with you. A mug rug is a smaller version of an Appalachian Rag Rug and is typically used as a coaster. This trip is open to all, no special equipment is needed. A \$5 donation for your mug rug is being accepted by the Friends of Carter Caves Group.	Meets in Fields Facility of lodge	No transportation required
98	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sat 10:00 AM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard cave that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbid!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
99	Squeeze Box Competition Preliminary	\$ -	x	1	15	Sat 10:00 AM	1.0	Drop in. Do you like tight places? Come find out just how tight of a space you can mentally and physically squeeze through. Due to the nature of their amusement, cavers have always wondered how tight of a place they can fit through. That was when the squeeze box was invented and later constructed. Here is the way it works. There will be 2 different categories: adult competition (15 years & up) and the kid's competition (6-14 years). We will have preliminary rounds on Saturday from 10am-1pm & 2pm-5pm in the Fields Facility of the Lodge. Adult competitors must take part in the squeezebox preliminaries to attempt to qualify for the finals held on Saturday night. In the adult competition, the top four male contenders along with the top four female contenders in each weight class will advance to the finals. The winners in each adult category will receive a t-shirt, sign the squeeze box, and best of all have bragging rights until next years competition. Adult finalist will be posted on the squeezebox in the fields facility by 6:00pm. In the kid's competition, kids ages 6-14 years must also take part in the preliminaries on Saturday to be in the competition. We have set different categories for children and will keep track of the records throughout the day. The child that squeezes through the box at the lowest height in each weight category will be determined the winner. The winners of the kid's squeeze box competition will be posted by 6:00pm on the squeezebox in the fields facility. Kid's competition winners in each weight category will win a prize. The winners will be recognized and prizes awarded during the awards ceremony around 8pm in the Fields Facility.	Meets in Fields Facility of lodge	No transportation required
100	Rope Climbing Competition	\$ -	x	2	10	Sat 10:30 AM	1.0	Drop in. Would you like to know if you're the fastest rope climber at Winter Adventure Weekend? Now is your chance to find out! So come, compete and see how you stack up. Everyone is welcome to compete, regardless of age or experience! This is a physical activity that requires the use of your whole body to successfully participate in. All of the required equipment will be provided for you. Personal equipment can be used, however the use of a seat harness is required. All personal gear will be inspected by the climbing competition staff, and the staff reserve the right to refuse gear that does not pass inspection. Prizes will be awarded by age group during the Saturday evening program. Starb are welcome to participate but will be in a separate category from event participants.	Follow signs from in front of lodge to site	No transportation required
101	A Visit to Cascade Cave	\$ -		1	60	Sat 10:30 AM	2.0	Cascade Cave is one of the largest of over 200 caves in Carter County and is noted for its large chambers and numerous cave formations. Set your sights on the reflecting pool in the Lake Room, and the geologic diversity of the Cathedral Room. Finally entice yourself with our majestic 30-foot high underground waterfall. This is a commercially lit walking tour of the cave. You will meet your guide in the parking lot of Cascade Cave. Follow the signs from the lodge to the Cave.	Meets at Cascade Cave Parking Lot	Transportation required
102	Bat Cave Extreme	\$ 10.00		3	10	Sat 10:30 AM	4.0	This trip will show you that Bat Cave does not have to be a cave for beginner cavers. On this trip you will visit most of the tight long crawl passages found within the cave. This trip consists of some walking passage, extended hand and knee crawls, rock scrambling, and belly crawls that will leave you wet, muddy, sore and exhausted.	Meets at lodge	Transportation required

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103	Hawks n Arrows	\$ 5.00		1	20	Sat 10:30 AM	2.0	The title reads like new dish from an ancient culture; but here at WAW, it means learning the basics of shooting a bow and arrow along with learning the techniques for throwing a Tomahawk. This will include safe usage and beginner shooting techniques. Then participants will have the chance to shoot and try and hit a bulls eye on the target along with balloons and other assorted items. We will go over hawk safety, and the basics for throwing tomahawks before getting an opportunity to try and stick a hawk in our targets.	Follow signs from in front of lodge to site	No transportation required
104	Down For Dummies Rappel	\$ 5.00		2	6	Sat 10:30 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
105	Recreational Tree Climbing	\$ 10.00		2	10	Sat 10:30 AM	1.5	Like climbing trees? Recreational tree climbing is a popular high adventure activity that puts a twist to our backyard tree climbing pastime. We will cover what the traditional tree climbing schools are teaching, which is traditional double rope technique that involves using a modified hip thrust to pull themselves 20-40 feet off of the ground. The location will not only give you a great view, the classroom portion will be sheltered from the elements. Participants 15 years and under require parent or guardian supervision. Required equipment includes climbing appropriate gloves and warm clothing.	Follow signs from in front of lodge to site	No transportation required
106	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 10:30 AM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
107	Leap of Faith	\$ 5.00		1	6	Sat 10:30 AM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
108	Tar Kiln Trek	\$ 10.00		3	15	Sat 11:00 AM	6.0	A BIG cave, with numerous entrances, and just getting there is a challenge. You'll hike about a half mile to the cave through cow pastures and steep sloping hills and maybe snow and ice, and then you must decide, "How wet do I really want to get?" Understand that eventually you'll be making that half mile hike back to your vehicle. Wet gear is recommended if you want to get really wet, but most will choose only to get their boots wet. There are only a few short necessary crawls, but for those of you that love to crawl, opportunities will be available. Bring a change of clothes for afterwards. NOTE: This trip attempts to avoid as much water as possible. NOTE: 25 miles of car travel round trip. The cave is on private property and we have permission to visit the cave only during Winter Adventure Weekend!	Meets at lodge	Transportation required
109	Down For Dummies Rappel	\$ 5.00		2	6	Sat 11:00 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
110	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 11:00 AM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
111	Leap of Faith	\$ 5.00		1	6	Sat 11:00 AM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
112	Mug Ruggin' It	\$ -	x	1	10	Sat 11:00 AM	0.5	Drop in. Have some time to spare? Try your hand at the centuries old craft of weaving. You will have the opportunity to weave on a multi-harness floor loom, all materials will be provided and you will have a mug rug to take home with you. A mug rug is a smaller version of an Appalachian Rag rug and is typically used as a coaster. This trip is open to all, no special equipment is needed. A \$5 donation for your mug rug is being accepted by the Friends of Carter Caves Group.	Meets in Fields Facility	No transportation required
113	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sat 11:00 AM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
114	Squeeze Box Competition Preliminary	\$ -	x	1	15	Sat 11:00 AM	1.0	Drop in. Do you like tight places? Come find out just how tight of a space you can mentally and physically squeeze through. Due to the nature of their amusement, cavers have always wondered how tight of a place they can fit through. That was when the squeeze box was invented and later constructed. Here is the way it works. There will be 2 different categories: adult competition (15 years & up) and the kid's competition (6-14 years). We will have preliminary rounds on Saturday from 10am-1pm & 2pm-5pm in the Fields Facility of the Lodge. Adult competitors must take part in the squeezebox preliminaries to attempt to qualify for the finals held on Saturday night. In the adult competition, the top four male contenders along with the top four female contenders in each weight class will advance to the finals. The winners in each adult category will receive a t-shirt, sign the squeeze box, and best of all have bragging rights until next years competition. Adult finalist will be posted on the squeezebox in the fields facility by 6:00pm. In the kid's competition, kids ages 6-14 years must also take part in the preliminaries on Saturday to be in the competition. We have set different categories for children and will keep track of the records throughout the day. The child that squeezes through the box at the lowest height in each weight category will be determined the winner. The winners of the kid's squeeze box competition will be posted by 6:00pm on the squeezebox in the fields facility. Kid's competition winners in each weight category will win a prize. The winners will be recognized and prizes awarded during the awards ceremony around 8pm in the Fields Facility.	Meets in Fields Facility of lodge	No transportation required
115	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 11:30 AM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
116	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sat 12:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required



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117	Squeeze Box Competition Preliminary	\$ -	x	1	15	Sat 12:00 PM	1.0	Drop in. Do you like tight places? Come find out just how tight of a space you can mentally and physically squeeze through. Due to the nature of their amusement, cavers have always wondered how tight of a place they can fit through. That was when the squeeze box was invented and later constructed. Here is the way it works. There will be 2 different categories: adult competition (15 years & up) and the kid's competition (6-14 years). We will have preliminary rounds on Saturday from 10am-1pm & 2pm-5pm in the Fields Facility of the Lodge. Adult competitors must take part in the squeezebox preliminaries to attempt to qualify for the finals held on Saturday night. In the adult competition, the top four male contenders along with the top four female contenders in each weight class will advance to the finals. The winners in each adult category will receive a t-shirt, sign the squeeze box, and best of all have bragging rights until next years competition. Adult finalist will be posted on the squeezebox in the fields facility by 6:00pm. In the kid's competition, kids ages 6-14 years must also take part in the preliminaries on Saturday to be in the competition. We have set different categories for children and will keep track of the records throughout the day. The child that squeezes through the box at the lowest height in each weight category will be determined the winner. The winners of the kid's squeeze box competition will be posted by 6:00pm on the squeezebox in the fields facility. Kid's competition winners in each weight category will win a prize. The winners will be recognized and prizes awarded during the awards ceremony around 8pm in the Fields Facility.	Meets in Fields Facility of lodge	No transportation required
118	Bat Cave Backdoor	\$ 10.00		2	20	Sat 12:30 PM	3.0	While the bats are sleeping in the front of the cave, we will be entering into the back of the cave after a quarter mile hike to the cave entrance. Bat Cave is a completely wild cave with the exception of the cave gates. This trip is a combination of walking, duck walking, scrambling over breakdown piles, creek crossings, belly slides, and hand and knee crawls. You get the whole package with the cave being a combination of dry, muddy and wet. How wet you get depends on how merciful your guide is.	Meets at lodge	Transportation required
119	Carbide Lamp Trip	\$ 10.00		2	8	Sat 12:30 PM	2.5	Take a trip into Cascade Cave and see it like the old timer's (e.g. John Tierney) back in the day. We will go caving in Cascade Cave with only carbide lamps, and ONLY old-style carbide lamps. No newer type carbide generators, LED's or battery-powered lamps will be allowed. This trip will show you how the cave looked to the early explorers of the area when all they had was flame-type carbide lamps. We will tell you the history of the carbide lamp and how its simple design brought dependable light to miners and cavers throughout Kentucky back in the early 1900's. We will show you the exact spot where back in 1923, John Tierney scared a hibernating bear and then accidentally blew out his carbide lamp and was stuck in the cave for two days until he was rescued by park staff. This is but one of many stories associated with this cave. If you have an older type carbide cap lamp that is in working order please bring it. We will also supply carbide lamps for the rest of the group to use. There will be some stooping, bending and crawling involved so level 2 caving equipment is required minus the lights.	Meets at lodge	Transportation required
120	Sandy Cave Lantern Tour	\$ 10.00		2	10	Sat 12:30 PM	3.0	Tucked back in the woods of Carter Caves State Park is a cave that is noted for its large passages. Instead of electric light we will explore this cave, like the explorers of yore, in the soft ambiance of lantern light. Although you should bring your electric lights for safety purposes we request that they remain off during this trip. Past experience has shown us that adults appreciate this particular trip more than children. This is subject to cancellation if potential flooding conditions occur. This cave is only accessible during Winter Adventure Weekend!	Meets at lodge	Transportation required
121	A Hike Through The Back-Forty	\$ 5.00		3	20	Sat 12:30 PM	3.0	A multi-mile hike after a short drive to Cascade Cave. This will be an on-trail/off-trail hike up the valley paralleling the Cascade Cave System (Cascade, Sandy, Jones, Tire Creek, Waterfall caves) demonstrating a variety of impressive karst features including streams, an resurgence, springs, many cave entrances, a karst window, and arches. Time and weather permitting, various sandstone features can be visited as well (caves, springs).	Meets at lodge	Transportation required
122	Down For Dummies Rappel	\$ 5.00		2	6	Sat 12:30 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
123	Up For Idiots Rope Climb	\$ 5.00		2	10	Sat 12:30 PM	1.5	Cavers descend into deep pits to explore, but how do they get out? This trip will give you insight into the basics needed to ascend on a rope. You will be introduced to a system of rope ascending commonly used by cavers, and you will get a chance to do a rope climb silhouetted by Smoky Bridge. This is a physical activity that requires the use of your whole body to successfully participate in. We will provide you with all the necessary equipment including a climbing system and helmet. For your safety and comfort, you must be able to fit in the harness per manufacturer safety guidelines and be able to follow directions while on rope.	Follow signs from in front of lodge to site	No transportation required
124	Rope Climbing Competition	\$ -	x	2	10	Sat 12:30 PM	1.0	Drop in. Would you like to know if you're the fastest rope climber at Winter Adventure Weekend? Now is your chance to find out! So come, compete and see how you stack up. Everyone is welcome to compete, regardless of age or experience! This is a physical activity that requires the use of your whole body to successfully participate in. All of the required equipment will be provided for you. Personal equipment can be used, however the use of a seat harness is required. All personal gear will be inspected by the climbing competition staff, and the staff reserve the right to refuse gear that does not pass inspection. Prizes will be awarded by age group during the Saturday evening program. <del>Staph are welcome to participate but will be in a separate category from event participants.</del>	Follow signs from in front of lodge to site	No transportation required
125	A Visit to X-Cave	\$ -		1	30	Sat 1:00 PM	1.0	X-Cave has two vertical joint passages that meander through a large layer of limestone, which puts you up-close to many beautiful cave formations. Some of the highlighted features include turkey rock, the pipe organ, and the giant column, which is the largest cave formation found at the park. Be aware of your surroundings and you will discover how this cave became known as "X-Cave." This is a commercially lit walking tour of the cave.	Meets at Welcome Center	Transportation required
126	Cabin in the Woods Hike	\$ 5.00		1	15	Sat 1:00 PM	3.0	On this hike we will pass many beautiful rock formations, a small cave entrance, Tygarts Creek access, 2 waterfalls (weather permitting), beautiful cliff overhangs and breathtaking views of Tygarts Gorge. You will travel across the natural formation called Devils Backbone and then descending down the hill to the 'cabin in the woods', a small cabin that was built in the late 1800's and is now privately owned. Lots of history surrounds this area including moonshining being part of that history. History and stories of the cabin and surrounding area will be a focus on this hike.	Meets at Cascade Cave Parking Lot	Transportation required
127	Tygart Gorge Hike & Cave Trek	\$ 10.00		3	10	Sat 1:00 PM	4.0	This hiking and caving trip will take you into the beautiful Tygart's Creek Gorge. This trip will consist of 1 1/2 hours of scenic hiking through rough terrain and steep inclines around Tygarts Creek. Along the way you will get to see two - three different wild caves. Skyscraper Cave is considered by many to be one of the most beautiful in Carter County. On this trip you will have to navigate through a very narrow canyon passage and a very tight S-turn side crawl for about 15-20ft. But the formation filled room at the end makes it well worth the crawl getting there. After Skyscraper Cave you will venture off to another cave or two found within the Tygarts Creek Gorge. The caves are on private property and we have permission to visit the cave during Winter Adventure Weekend Only!	Meets at lodge	Transportation required
128	Caving on the Lakeside	\$ 10.00		3	8	Sat 1:00 PM	4.0	Visit at least 4 Caves, 2 Natural Bridges and one overlook on the lodge side of Smoky Lake. This trip will consist of 2 miles of hiking with some being both on and off designated trails. There will be some decent elevation changes at times during the hike. You will want to dress in layers and for the elements we are having outdoor and at least one of the caves has the potential to get you wet.	Meets at lodge	No transportation required
129	Bat Cave Backdoor	\$ 10.00		2	20	Sat 1:00 PM	3.0	While the bats are sleeping in the front of the cave, we will be entering into the back of the cave after a quarter mile hike to the cave entrance. Bat Cave is a completely wild cave with the exception of the cave gates. This trip is a combination of walking, duck walking, scrambling over breakdown piles, creek crossings, belly slides, and hand and knee crawls. You get the whole package with the cave being a combination of dry, muddy and wet. How wet you get depends on how merciful your guide is.	Meets at lodge	Transportation required
130	Recreational Tree Climbing	\$ 10.00		2	10	Sat 1:00 PM	1.5	Like climbing trees? Recreational tree climbing is a popular high adventure activity that puts a twist to our backyard tree climbing pastime. We will cover what the traditional tree climbing schools are teaching, which is traditional double rope technique that involves using a modified hip thrust to pull themselves 20-40 feet off of the ground. The location will not only give you a great view, the classroom portion will be sheltered from the elements. Participants 15 years and under require parent or guardian supervision. Required equipment includes climbing appropriate gloves and warm clothing.	Follow signs from in front of lodge to site	No transportation required

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Trip #	Trip Name	Extra Fee	Dropin	Trip Level	Trip Limit	Trip Date/Time	Hours	Field Trip Description	Meets At	Transportation
131	Down For Dummies Rappel	\$ 5.00		2	6	Sat 1:00 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
132	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 1:00 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
133	Leap of Faith	\$ 5.00		1	6	Sat 1:00 PM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
134	Mug Ruggin' It	\$ -	x	1	10	Sat 1:00 PM	0.5	Drop in. Have some time to spare? Try your hand at the centuries old craft of weaving. You will have the opportunity to weave on a multi-harness floor loom, all materials will be provided and you will have a mug rug to take home with you. A mug rug is a smaller version of an Appalachian Rag Rug and is typically used as a coaster. This trip is open to all, no special equipment is needed. A \$5 donation for your mug rug is being accepted by the Friends of Carter Caves Group.	Meets in Fields Facility of lodge	No transportation required
135	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sat 1:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbidel) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
136	So You Want to Try Caving? Cascade Cave Visit	\$ 10.00		2	15	Sat 1:30 PM	3.0	This is a beginner-level trip along some beautiful commercial trail, with a sandy hands-and-knees crawl to see another entrance. Participants will learn about safe caving practices, geology, hydrology, and bat echo-location on a human scale. A limited number of helmets and lights are available. If you need to borrow a helmet and light, you must reserve them at least two weeks before the trip by calling the Recreation Department at 606-286-7009.	Meets at Welcome Center	Transportation required
137	Winter Survival	\$ 8.00		1	25	Sat 1:30 PM	3.0	Winter survival will involve the fundamentals of survival methodology and mindset. This workshop will include practical application and skill building for specifics including shelter, fire basics, water, food, and signaling. You will be outside during this workshop so dress appropriately for the weather elements.	Meets at Pool Shelter drive and follow signs from lodge	Transportation required
138	Intro to Rock Climbing	\$ 10.00		2	8	Sat 1:30 PM	3.0	Join us for an introduction to rock climbing experience on Kentucky Sandstone! This trip will teach basic technical skills and climbing techniques to safely climb in a top rope setting. All technical equipment will be provided, this includes harness, helmets, and shoes for each individual. Each participant needs to wear comfortable shoes to hike to the climb site with, and bring water and a snack with them for the day. Anyone under 18 must be accompanied by an adult.	Follow signs from Cottage area to the site	Transportation required
139	Horn Hollow & Rimstone Cave Trip	\$ 10.00		2	20	Sat 1:30 PM	3.0	Find some hidden secrets in these wild and once often-visited park caves. Dripping dome rooms, scalloped rock passages, huge breakdown, a belly-crawl connection between caves, and a room filled with dozens of mini bathtub-like dams are just a few of the treasures you'll discover. These caves contain active streams. Be prepared to have wet feet, wet hands, possibly more if you slip! Water bottle/snack suggested. Total outdoor hike of at least 1.5 miles required over hilly terrain, so be mindful of the weather and dress appropriately!	Meets at Welcome Center	Transportation required
140	Sandy Cave Flotilla	\$ 10.00		2	10	Sat 1:30 PM	3.0	Sandy Cave has a huge and long trunk passage that is part of the Cascade Cave system. It also provides some interesting areas that are accessed by crawling and climbing. The entrance is through a karst window with a 70-foot pool of deep water at its bottom. The guides intend to lower a john boat to the pool and offer a boat ride to dry land. This is subject to cancellation if potential flooding conditions occur. Participants must help carry the boat through the woods for 1/2 mile to the cave on the Friday afternoon trip and from the cave on the 10:00 Sunday morning trip. This cave is only accessible during Winter Adventure Weekend!	Meets at lodge	Transportation required
141	Down For Dummies Rappel	\$ 5.00		2	6	Sat 1:30 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
142	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 1:30 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
143	Leap of Faith	\$ 5.00		1	6	Sat 1:30 PM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
144	Rope Climbing Competition	\$ -	x	2	10	Sat 1:30 PM	1.0	Drop in. Would you like to know if you're the fastest rope climber at Winter Adventure Weekend? Now is your chance to find out! So come, compete and see how you stack up. Everyone is welcome to compete, regardless of age or experience! This is a physical activity that requires the use of your whole body to successfully participate in. All of the required equipment will be provided for you. Personal equipment can be used, however the use of a seat harness is required. All personal gear will be inspected by the climbing competition staff, and the staff reserve the right to refuse gear that does not pass inspection. Prizes will be awarded by age group during the Saturday evening program. Stah are welcome to participate but will be in a separate category from event participants.	Follow signs from in front of lodge to site	No transportation required
145	Cascade Gone Wild	\$ 10.00		2	20	Sat 2:00 PM	3.0	Cascade Cave has been developed for commercial tours, but the fun begins when you head into the darkness and leave the tourist route behind. Participant will get a chance to walk the commercial routes and enjoy the formations along with scrambling over breakdown, attempting some duck walking, and experiencing some hand and knee crawls. Cascade is one of the largest caves found at park, and in my opinion, this tour is one of the best ways to appreciate its size. This tour, unlike the commercial tour, will cause some of those assorted aches and pains associated with caving.	Meets at lodge	Transportation required
146	Bat Cave Backdoor	\$ 10.00		2	20	Sat 2:00 PM	3.0	While the bats are sleeping in the front of the cave, we will be entering into the back of the cave after a quarter mile hike to the cave entrance. Bat Cave is a completely wild cave with the exception of the cave gates. This trip is a combination of walking, duck walking, scrambling over breakdown piles, creek crossings, belly slides, and hand and knee crawls. You get the whole package with the cave being a combination of dry, muddy and wet. How wet you get depends on how merciful your guide is.	Meets at lodge	Transportation required
147	Horton Hobbs Cave	\$ 10.00		2	10	Sat 2:00 PM	2.5	A trip to one of the less well-known caves in the Park. Discovered in 1984 and originally named Coon-in-the-Crack Cave, this short and less-known-and-visited cave has a both crawlway and pit entrances (pit negotiated with a ladder). The western half of the cave is vaguely suggestive of how Saltpetre Cave must have looked prior to mining and commercialization. The trip will include a hike to and from the cave.	Meets at lodge	Transportation required

# 2025 Winter Adventure Weekend Schedule

Trip #	Trip Name	Extra Fee	Dropin	Trip Level	Trip Limit	Trip Date/Time	Hours	Field Trip Description	Meets At	Transportation
148	Down For Dummies Rappel	\$ 5.00		2	6	Sat 2:00 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
149	Up For Idiots Rope Climb	\$ 5.00		2	10	Sat 2:00 PM	1.5	Cavers descend into deep pits to explore, but how do they get out? This trip will give you insight into the basics needed to ascend on a rope. You will be introduced to a system of rope ascending commonly used by cavers, and you will get a chance to do a rope climb silhouetted by Smoky Bridge. This is a physical activity that requires the use of your whole body to successfully participate in. We will provide you with all the necessary equipment including a climbing system and helmet. For your safety and comfort, you must be able to fit in the harness per manufacturer safety guidelines and be able to follow directions while on rope.	Follow signs from in front of lodge to site	No transportation required
150	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 2:00 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
151	Leap of Faith	\$ 5.00		1	6	Sat 2:00 PM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
152	Mug Ruggin' It	\$ -	x	1	10	Sat 2:00 PM	0.5	Drop in. Have some time to spare? Try your hand at the centuries old craft of weaving. You will have the opportunity to weave on a multi-harness floor loom, all materials will be provided and you will have a mug rug to take home with you. A mug rug is a smaller version of an Appalachian Rag Rug and is typically used as a coaster. This trip is open to all, no special equipment is needed. A \$5 donation for your mug rug is being accepted by the Friends of Carter Caves Group.	Meets in Fields Facility of lodge	No transportation required
153	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sat 2:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
154	Squeeze Box Competition Preliminary	\$ -	x	1	15	Sat 2:00 PM	1.0	Drop in. Do you like tight places? Come find out just how tight of a space you can mentally and physically squeeze through. Due to the nature of their amusement, cavers have always wondered how tight of a place they can fit through. That was when the squeeze box was invented and later constructed. Here is the way it works. There will be 2 different categories: adult competition (15 years & up) and the kid's competition (6-14 years). We will have preliminary rounds on Saturday from 10am-1pm & 2pm-5pm in the Fields Facility of the Lodge. Adult competitors must take part in the squeezebox preliminaries to attempt to qualify for the finals held on Saturday night. In the adult competition, the top four male contenders along with the top four female contenders in each weight class will advance to the finals. The winners in each adult category will receive a t-shirt, sign the squeeze box, and best of all have bragging rights until next years competition. Adult finalist will be posted on the squeezebox in the fields facility by 6:00pm. In the kid's competition, kids ages 6-14 years must also take part in the preliminaries on Saturday to be in the competition. We have set different categories for children and will keep track of the records throughout the day. The child that squeezes through the box at the lowest height in each weight category will be determined the winner. The winners of the kid's squeeze box competition will be posted by 6:00pm on the squeezebox in the fields facility. Kid's competition winners in each weight category will win a prize. The winners will be recognized and prizes awarded during the awards ceremony around 8pm in the Fields Facility.	Meets in Fields Facility of lodge	No transportation required
155	A Visit to Cascade Cave	\$ -		1	60	Sat 2:30 PM	2.0	Cascade Cave is one of the largest of over 200 caves in Carter County and is noted for its large chambers and numerous cave formations. Set your sights on the reflecting pool in the Lake Room, and the geologic diversity of the Cathedral Room. Finally entice yourself with our majestic 30-foot high underground waterfall. This is a commercially lit walking tour of the cave. You will meet your guide in the parking lot of Cascade Cave. Follow the signs from the lodge to the Cave.	Meets at Cascade Cave Parking Lot	Transportation required
156	Down For Dummies Rappel	\$ 5.00		2	6	Sat 2:30 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
157	Recreational Tree Climbing	\$ 10.00		2	10	Sat 2:30 PM	1.5	Like climbing trees? Recreational tree climbing is a popular high adventure activity that puts a twist to our backyard tree climbing pastime. We will cover what the traditional tree climbing schools are teaching, which is traditional double rope technique that involves using a modified hip thrust to pull themselves 20-40 feet off of the ground. The location will not only give you a great view, the classroom portion will be sheltered from the elements. Participants 15 years and under require parent or guardian supervision. Required equipment includes climbing appropriate gloves and warm clothing.	Follow signs from in front of lodge to site	No transportation required
158	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 2:30 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
159	Leap of Faith	\$ 5.00		1	6	Sat 2:30 PM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
160	Hawks n Arrows	\$ 5.00		1	20	Sat 2:30 PM	2.0	The title reads like new dish from an ancient culture; but here at WAW, it means learning the basics of shooting a bow and arrow along with learning the techniques for throwing a Tomahawk. This will include safe usage and beginner shooting techniques. Then participants will have the chance to shoot and try and hit a bulls eye on the target along with balloons and other assorted items. We will go over hawk safety, and the basics for throwing tomahawks before getting an opportunity to try and stick a hawk in our targets.	Follow signs from in front of lodge to site	No transportation required
161	Rope Climbing Competition	\$ -	x	2	10	Sat 2:30 PM	1.0	Drop in. Would you like to know if you're the fastest rope climber at Winter Adventure Weekend? Now is your chance to find out! So come, compete and see how you stack up. Everyone is welcome to compete, regardless of age or experience! This is a physical activity that requires the use of your whole body to successfully participate in. All of the required equipment will be provided for you. Personal equipment can be used, however the use of a seat harness is required. All personal gear will be inspected by the climbing competition staff, and the staff reserve the right to refuse gear that does not pass inspection. Prizes will be awarded by age group during the Saturday evening program. Staph are welcome to participate but will be in a separate category from event participants.	Follow signs from in front of lodge to site	No transportation required
162	The Story of the Cave	\$ 5.00		1	15	Sat 3:00 PM	2.0	Much has been discussed about the significant geology of Carter Caves. Join our residential old broke down caver as he reviews the most recent theories on what makes the Carter Caves area so special and unique. This trip will include a walk through X-Cave and a jaunt into the valley along Cave Branch. One highlight of the trip will include a walk through Carter Caves Natural Bridge, the only natural bridge in Kentucky that supports a paved road.	Meets at Welcome Center	Transportation required

# 2025 Winter Adventure Weekend Schedule

Trip #	Trip Name	Extra Fee	Dropin	Trip Level	Trip Limit	Trip Date/Time	Hours	Field Trip Description	Meets At	Transportation
163	Smoky Lake Adventure Plunge	\$ -		1	20	Sat 3:00 PM	1.0	The Friends of Carter Caves (FOCC) Smoky Lake Adventure Plunge is returning for 2025. We invite you to plunge into Smoky Lake! This event is a fundraiser, and participants are encouraged to raise a minimum of \$50 to donate to FOCC to participate. A prize will be awarded for the most funds raised for the plunge. For more information, check out the Smoky Lake Plunge webpage, at <a href="https://www.winteradventureweekend.com/smokylakeadventureplunge">https://www.winteradventureweekend.com/smokylakeadventureplunge</a>	Follow signs from lodge to the Lower Pool Parking Lot	Transportation Required
164	Down For Dummies Rappel	\$ 5.00		2	6	Sat 3:00 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
165	Natural Bridge On Rappel	\$ 5.00		3	7	Sat 3:00 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
166	Leap of Faith	\$ 5.00		1	6	Sat 3:00 PM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
167	Mug Ruggin' It	\$ -	x	1	10	Sat 3:00 PM	0.5	Drop in. Have some time to spare? Try your hand at the centuries old craft of weaving. You will have the opportunity to weave on a multi-harness floor loom, all materials will be provided and you will have a mug rug to take home with you. A mug rug is a smaller version of an Appalachian Rag Rug and is typically used as a coaster. This trip is open to all, no special equipment is needed. A \$5 donation for your mug rug is being accepted by the Friends of Carter Caves Group.	Meets in Fields Facility of lodge	No transportation required
168	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sat 3:00 PM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
169	Squeeze Box Competition Preliminary	\$ -	x	1	15	Sat 3:00 PM	1.0	Drop in. Do you like tight places? Come find out just how tight of a space you can mentally and physically squeeze through. Due to the nature of their amusement, cavers have always wondered how tight of a place they can fit through. That was when the squeeze box was invented and later constructed. Here is the way it works. There will be 2 different categories: adult competition (15 years & up) and the kid's competition (6-14 years). We will have preliminary rounds on Saturday from 10am-1pm & 2pm-5pm in the Fields Facility of the Lodge. Adult competitors must take part in the squeezebox preliminaries to attempt to qualify for the finals held on Saturday night. In the adult competition, the top four male contenders along with the top four female contenders in each weight class will advance to the finals. The winners in each adult category will receive a t-shirt, sign the squeeze box, and best of all have bragging rights until next years competition. Adult finalist will be posted on the squeezebox in the fields facility by 6:00pm. In the kid's competition, kids ages 6-14 years must also take part in the preliminaries on Saturday to be in the competition. We have set different categories for children and will keep track of the records throughout the day. The child that squeezes through the box at the lowest height in each weight category will be determined the winner. The winners of the kid's squeeze box competition will be posted by 6:00pm on the squeezebox in the fields facility. Kid's competition winners in each weight category will win a prize. The winners will be recognized and prizes awarded during the awards ceremony around 8pm in the Fields Facility.	Meets in Fields Facility of lodge	No transportation required
170	Yoga in the Cave	\$ 5.00		1	20	Sat 3:30 PM	2.0	Continue your Winter adventure and trek underground for a refreshing yoga practice in the stunning Cascade Cave! Step through the natural entrance into the cave, a large, open room with a high ceiling featuring beautiful stalactites, stalagmites, flowstone, and more! Rejuvenate your mind and body as you are guided through standing and seated yoga postures, along with breathing exercises that are sure to relax and restore you. All levels are welcome in this practice, and previous yoga experience is not required. Wear clothing that is comfortable and easy to move in (jeans not recommended) and be prepared for temperatures around 55 degrees. Layers recommended. Bring a yoga mat and a large beach towel or blanket to put underneath the yoga mat. You will want the towel or blanket to be larger than your mat so you have room for your belongings. The cave floor consists of rock and dirt and may be damp or muddy in some areas. Kristy Matheson, RYT, will be guiding your unique cave yoga experience.	Meets at Cascade Cave Parking Lot	Transportation required
171	Rope Climbing Competition	\$ -	x	2	10	Sat 3:30 PM	1.0	Drop in. Would you like to know if you're the fastest rope climber at Winter Adventure Weekend? Now is your chance to find out! So come, compete and see how you stack up. Everyone is welcome to compete, regardless of age or experience! This is a physical activity that requires the use of your whole body to successfully participate in. All of the required equipment will be provided for you. Personal equipment can be used, however the use of a seat harness is required. All personal gear will be inspected by the climbing competition staff, and the staff reserve the right to refuse gear that does not pass inspection. Prizes will be awarded by age group during the Saturday evening program. Stanch are welcome to participate but will be in a separate category from event participants.	Follow signs from in front of lodge to site	No transportation required
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174	Up For Idiots Rope Climb	\$ 5.00		2	10	Sat 3:30 PM	1.5	Cavers descend into deep pits to explore, but how do they get out? This trip will give you insight into the basics needed to ascend on a rope. You will be introduced to a system of rope ascending commonly used by cavers, and you will get a chance to do a rope climb silhouetted by Smoky Bridge. This is a physical activity that requires the use of your whole body to successfully participate in. We will provide you with all the necessary equipment including a climbing system and helmet. For your safety and comfort, you must be able to fit in the harness per manufacturer safety guidelines and be able to follow directions while on rope.	Follow signs from in front of lodge to site	No transportation required
175	Leap of Faith	\$ 5.00		1	6	Sat 3:30 PM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
176	Down For Dummies Rappel	\$ 5.00		2	6	Sat 4:00 PM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required

# 2025 Winter Adventure Weekend Schedule

Trip #	Trip Name	Extra Fee	Dropin	Trip Level	Trip Limit	Trip Date/Time	Hours	Field Trip Description	Meets At	Transportation
177	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 4:00 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
178	Leap of Faith	\$ 5.00		1	6	Sat 4:00 PM	1.5	Come try the our extreme rope swing at Carter Caves State Resort Park! Step off the edge of a 30-foot cliffline into a thrilling swing through the trees. The Leap of Faith: "Only in a leap from the lion's head shall they prove their worth." This trip requires a .1 mile trail hike to and from the cottage area to the swing site. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from Cottage area to the site	Transportation required
179	Mug Ruggin' It	\$ -	x	1	10	Sat 4:00 PM	0.5	Drop in. Have some time to spare? Try your hand at the centuries old craft of weaving. You will have the opportunity to weave on a multi-harness floor loom, all materials will be provided and you will have a mug rug to take home with you. A mug rug is a smaller version of an Appalachian Rag Rug and is typically used as a coaster. This trip is open to all, no special equipment is needed. A \$5 donation for your mug rug is being accepted by the Friends of Carter Caves Group.	Meets in Fields Facility of lodge	No transportation required
180	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sat 4:00 PM	0.5	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
181	Squeeze Box Competition Preliminary	\$ -	x	1	15	Sat 4:00 PM	1.0	Drop in. Do you like tight places? Come find out just how tight of a space you can mentally and physically squeeze through. Due to the nature of their amusement, cavers have always wondered how tight of a place they can fit through. That was when the squeeze box was invented and later constructed. Here is the way it works. There will be 2 different categories: adult competition (15 years & up) and the kid's competition (6-14 years). We will have preliminary rounds on Saturday from 10am-1pm & 2pm-5pm in the Fields Facility of the Lodge. Adult competitors must take part in the squeezebox preliminaries to attempt to qualify for the finals held on Saturday night. In the adult competition, the top four male contenders along with the top four female contenders in each weight class will advance to the finals. The winners in each adult category will receive a t-shirt, sign the squeeze box, and best of all have bragging rights until next years competition. Adult finalist will be posted on the squeezebox in the fields facility by 6:00pm. In the kid's competition, kids ages 6-14 years must also take part in the preliminaries on Saturday to be in the competition. We have set different categories for children and will keep track of the records throughout the day. The child that squeezes through the box at the lowest height in each weight category will be determined the winner. The winners of the kid's squeeze box competition will be posted by 6:00pm on the squeezebox in the fields facility. Kid's competition winners in each weight category will win a prize. The winners will be recognized and prizes awarded during the awards ceremony held in the Fields Facility.	Meets in Fields Facility of lodge	No transportation required
182	A Visit to X-Cave	\$ -		1	30	Sat 4:30 PM	1.0	X-Cave has two vertical joint passages that meander through a large layer of limestone, which puts you up-close to many beautiful cave formations. Some of the highlighted features include turkey rock, the pipe organ, and the giant column, which is the largest cave formation found at the park. Be aware of your surroundings and you will discover how this cave became known as "X-Cave." This is a commercially lit walking tour of the cave.	Meets at Welcome Center	Transportation required
183	Natural Bridge On Rappel	\$ 5.00		2	6	Sat 4:30 PM	1.5	Experience the drop of a lifetime as you rappel through the sinkhole in the top of Carter Cave's Natural Bridge! Enjoy not only the experience of rappelling but also the natural beauty of the area as you descend over 60 feet into the bed of Cave Branch Stream. Thousands of people enjoy the view of our Natural Bridge from the ground up, but only a few get to enjoy the view from top down. Here is your chance to be one of the few! For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines. This trip requires a 1/4 mile walk from the Welcome Center to the Rappel Site.	Follow signs from in front of Welcome Center	Transportation required
184	Morning Coffee Hike with Goose Bridle Coffee	\$ 5.00		1	10	Sun 8:00 AM	1.5	Friends don't let friends drink instant coffee! Drinking coffee on the trail is a great way to enjoy the outdoors. Bring a mug and hike with Goose Bridle Coffee out to a scenic spot and enjoy a cup of fresh-roasted coffee made right on the trail. With camp stoves, we'll heat some water and use a few different portable brewing devices to make a fresh cup of coffee for everyone. Along the way we'll discuss ways to dial in your very own trail coffee setup.	Meets at lodge	No transportation required
185	Rise and Shine Yoga	\$ 5.00		1	20	Sun 8:00 AM	1.5	Wake up, grab your yoga mat and perhaps some coffee, and head to the Fields Facility at the Lodge for an all-levels yoga practice designed to bring restoration and relaxation after a fun-filled and adventurous weekend. This will be a restorative practice complete with sitting, standing, and stretching postures designed for all levels. Wear clothing that is comfortable and easy to move in (jeans are not recommended). Bring your yoga mat and a small blanket to the Fields Facility (meeting room downstairs) at the Lodge. Please arrive 10-15 minutes before practice to set up. Kristy Matheson, RYT, will be leading us in this yoga practice.	Meets in Fields Facility of lodge	No transportation required
186	Practicing Leave No Trace with Winter Recreation and Caving	\$ 5.00		1	20	Sun 8:30 AM	2.0	This is a hands-on, all-ages workshop presenting the Leave No Trace Outdoor Ethics as they apply to winter recreation and caving. Guided by two Leave No Trace Trainers, you will gain new insight on how to minimize your impact on the environment regardless of season or location. This isn't a lecture but a fun, interactive program that will take us into caves and onto trails designed to educate and enlighten! All participants will get souvenirs courtesy of the Trainers.	Meets at Welcome Center	Transportation required
187	History of Mine Lighting	\$ 5.00		2	10	Sun 8:30 AM	3.0	Eastern KY has a rich and proud coal mining heritage. This trip will strive to show the participants what it was actually like to work in the mines with only the light of various flame lamps. From early clamshell lamps to carbide, the last flame lamp, this will be a history and hands on experience of how the miners did their hard work underground with barely enough light to see. We will have working original examples and explain the history of each type of mine light. You will see original photographs from the day of not only the miners, but also the kids as young as 6 years old that worked in the mines day in and day out. Trip will take place on the commercial routes of Cascade Cave. No Flashlights will be used, participants will be provided a carbide miners light (one light per two people) to light the path ahead.	Meets at lodge	Transportation required
188	Carter City Connection	\$ 10.00		3	18	Sun 8:30 AM	5.0	This is an extensive cave system with many dusty crawling and walking passageways. The dust will be flying in the crawls so if you have breathing problems this is not the trip for you. Highlights include encountering the famous Bills Crawl, a 100 ft. belly crawl utilizing only your elbows and toes. The trip to the cave entrance is a 300 ft. climb up a 30 degree banking, so you should be in good health to participate in this trip and have past caving experience. This cave is one with a long history including a short stint as a commercial cave in the late 1800s. In case of cold weather, it is suggested you wear a coat to the cave entrance and leave it until the return. Note: 20 miles of car travel roundtrip. These caves are on private property and we have permission to visit them during Winter Adventure Weekend Only!	Meets as lodge	Transportation required
189	Cascade Gone Wild	\$ 10.00		2	20	Sun 9:00 AM	3.0	Cascade Cave has been developed for commercial tours, but the fun begins when you head into the darkness and leave the tourist route behind. Participant will get a chance to walk the commercial routes and enjoy the formations along with scrambling over breakdown, attempting some duck walking, and experiencing some hand and knee crawls. Cascade is one of the largest caves found at park, and in my opinion, this tour is one of the best ways to appreciate its size. This tour, unlike the commercial tour, will cause some of those assorted aches and pains associated with caving.	Meets at lodge	Transportation required
190	Sandy Cave Flotilla	\$ 10.00		2	10	Sun 9:00 AM	3.0	Sandy Cave has a huge and long trunk passage that is part of the Cascade Cave system. It also provides some interesting areas that are accessed by crawling and climbing. The entrance is through a karst window with a 70-foot pool of deep water at its bottom. The guides intend to lower a john boat to the pool and offer a boat ride to dry land. This is subject to cancellation if potential flooding conditions occur. Participants must help carry the boat through the woods for 1/2 mile to the cave the Friday afternoon trip and from the cave on the 10:00 Sunday morning trip. This cave is only accessible during Winter Adventure Weekend!	Meets at lodge	Transportation required

# 2025 Winter Adventure Weekend Schedule

Trip #	Trip Name	Extra Fee	Dropin	Trip Level	Trip Limit	Trip Date/Time	Hours	Field Trip Description	Meets At	Transportation
191	Tygart Gorge Hike & Cave Trek	\$ 10.00		3	10	Sun 9:00 AM	4.0	This hiking and caving trip will take you into the beautiful Tygart's Creek Gorge. This trip will consist of 1 1/2 hours of scenic hiking through rough terrain and steep inclines around Tygart's Creek. Along the way you will get to see two - three different wild caves. Skyscraper Cave is considered by many to be one of the most beautiful in Carter County. On this trip you will have to navigate through a very narrow canyon passage and a very tight S-turn side crawl for about 15-20ft. But the formation filled room at the end makes it well worth the crawl getting there. After Skyscraper Cave you will venture off to another cave or two found within the Tygart's Creek Gorge. The caves are on private property and we have permission to visit the cave during Winter Adventure Weekend Only!	Meets at lodge	Transportation required
192	The Cave Hike	\$ 10.00		2	15	Sun 9:00 AM	3.0	The group will hike from the Welcome Center to the back entrance of Horn Hollow Cave, visiting other cave entrances and karst features during the trip. Caving techniques, equipment, how the caves formed, and associated geologic features will be discussed during the trip. A low 100-foot belly crawl in Horn Hollow Cave is optional. There will be a total of 1.5 miles hiking above ground which includes several long, steep hills. <u>Be prepared to dress appropriately for the weather and your feet may get wet in the cave.</u>	Meets at Welcome Center	Transportation required
193	Introduction to Foraging ID Walk	\$ 5.00		1	15	Sun 9:00 AM	2.0	Bring the whole family to learn how to begin foraging and how to incorporate these free natural resources into your daily life. We will cover getting started, common items to forage in Kentucky during each season, discuss a variety of uses for foraged items, and take an easy on trail walk around the area to begin identifying plants and trees. Be ready to take pictures with your phone and take notes in the beginners guide that you will get to take home!	Meets in Fields Facility of lodge	No transportation required
194	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sun 9:00 AM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbidel) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
195	X-Cave Flashlight Tour	\$ -		1	25	Sun 9:30 AM	1.0	View X-Cave in a way that most visitors do not - by flashlight only. We will turn out the commercial lights of the cave and cruise the passages with your flashlights. You can use your lights to discover the many cave formations that decorate the cave walls. A dependable light source is required for every participant. Keep your eyes peeled, and you may see some of the resident big brown bats hibernating in X-Cave.	Meets at Welcome Center	Transportation required
196	Horn Hollow & Rimestone Cave Trip	\$ 10.00		2	20	Sun 9:30 AM	3.0	Find some hidden secrets in these wild and once often-visited park caves. Dripping dome rooms, scalloped rock passages, huge breakdown, a belly-crawl connection between caves, and a room filled with dozens of mini bathtub-like dams are just a few of the treasures you'll discover. These caves contain active streams. Be prepared to have wet feet, wet hands, possibly more if you slip! Water bottle/snack suggested. Total outdoor hike of at least 1.5 miles required over hilly terrain, so be mindful of the weather and dress appropriately!	Meets at Welcome Center	Transportation required
197	Makin String	\$ 5.00		1	12	Sun 9:30 AM	1.5	Have you ever wondered how many things you could do with string? Well, actually a lot! It is super versatile and useful in a survival situation. However, what happens when you are outdoors without string? Mother Nature has what you need! Come learn how to make string and cordage from wild plants in the forest during this fun hands on activity.	Meets at Pool Shelter drive and follow signs from lodge	Transportation required
198	Bat Cave Bewilderment Crawl	\$ 10.00		2	40	Sun 9:30 AM	3.0	Bafflement, Discombobulation....Surprise!! These are just a few of the words that could potentially describe this free-for-all trip into Carter Caves State Resort Parks largest cave system! 40 spaces.....2 sets of guides.....choose your adventure!! You get the whole package with the cave being a combination of dry, muddy and wet. <u>How wet you get depends on how merciful your guide is.</u>	Meets at lodge	Transportation required
199	Down For Dummies Rappel	\$ 5.00		2	6	Sun 9:30 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness <u>per manufacturer's safety guidelines.</u>	Follow signs from in front of lodge to site	No transportation required
200	Recreational Tree Climbing	\$ 10.00		2	10	Sun 9:30 AM	1.5	Like climbing trees? Recreational tree climbing is a popular high adventure activity that puts a twist to our backyard tree climbing pastime. We will cover what the traditional tree climbing schools are teaching, which is traditional double rope technique that involves using a modified hip thrust to pull themselves 20-40 feet off of the ground. The 2015 location will not only give you a great view, the classroom portion will be sheltered from the elements. Participants 15 years and under require parent or guardian supervision. Required equipment includes climbing appropriate gloves and warm clothing.	Follow signs from in front of lodge to site	No transportation required
201	Sandy Cave Flotilla	\$ 10.00		2	10	Sun 10:00 AM	3.0	Sandy Cave has a huge and long trunk passage that is part of the Cascade Cave system. It also provides some interesting areas that are accessed by crawling and climbing. The entrance is through a karst window with a 70-foot pool of deep water at its bottom. The guides intend to lower a john boat to the pool and offer a boat ride to dry land. This is subject to cancellation if potential flooding conditions occur. Participants must help carry the boat through the woods for 1/2 mile to the cave on the Friday afternoon trip and from the cave on the 10:00 Sunday morning trip. <u>This cave is only accessible during Winter Adventure Weekend!</u>	Meets at lodge	Transportation required
202	Three Bridges Beauty Hike	\$ 5.00		1	15	Sun 1:30 PM	3.0	The beauty at Carter Caves State Park is demonstrated well in this moderate hike displaying natural stone bridges, stairs and the artwork of mother nature. As we hike you will see different ecosystems as we explore what the local animals are finding to eat in their natural habitat. If we have ice and snow be aware the bridges may be slippery. Please dress accordingly and wear appropriate footwear. We welcome the 50+ age group.	Meets at lodge	No transportation required
203	Knot Your Daddy's Knot Class	\$ 5.00		1	15	Sun 10:00 AM	1.0	This is knot to be missed!! There are countless knot tying books out there, but they can be frustrating to learn from. They don't show you practical uses for the knots they teach, sometimes the pictures are not clear, and there are 1000s of knots out there, which makes it hard to decide what knots to learn. Come alleviate your frustrations by joining us for a hands-on introduction to the knots that every caver, climber and outdoor enthusiast should know. No equipment or transportation is required. Follow signs from the lobby of the lodge.	Meets in Fields Facility of lodge	No transportation required
204	Down For Dummies Rappel	\$ 5.00		2	6	Sun 10:00 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness <u>per manufacturer's safety guidelines.</u>	Follow signs from in front of lodge to site	No transportation required
205	Kenny McCoy Corrugated Cave	\$ -	x	1	10	Sun 10:00 AM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbidel) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
206	A Visit to Cascade Cave	\$ -		1	60	Sun 10:30 AM	2.0	Cascade Cave is one of the largest of over 200 caves in Carter County and is noted for its large chambers and numerous cave formations. Set your sights on the reflecting pool in the Lake Room, and the geologic diversity of the Cathedral Room. Finally entice yourself with our majestic 30-foot high underground waterfall. This is a commercially lit walking tour of the cave. You will meet your guide in the parking lot of Cascade Cave. <u>Follow the signs from the lodge to the Cave.</u>	Meets at Cascade Cave Parking Lot	Transportation required
207	Down For Dummies Rappel	\$ 5.00		2	6	Sun 10:30 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness <u>per manufacturer's safety guidelines.</u>	Follow signs from in front of lodge to site	No transportation required

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208	<b>Knot Your Daddy's Knot Class</b>	\$ 5.00		1	15	Sun 11:00 AM	1.0	This is knot to be missed!! There are countless knot tying books out there, but they can be frustrating to learn from. They don't show you practical uses for the knots they teach, sometimes the pictures are not clear, and there are 1000s of knots out there, which makes it hard to decide what knots to learn. Come alleviate your frustrations by joining us for a hands-on introduction to the knots that every caver, climber and outdoor enthusiast should know. No equipment or transportation is required. Follow signs from the lobby of the lodge.	Meets in Fields Facility of lodge	No transportation required
209	<b>Recreational Tree Climbing</b>	\$ 10.00		2	10	Sun 11:00 AM	1.5	Like climbing trees? Recreational tree climbing is a popular high adventure activity that puts a twist to our backyard tree climbing pastime. We will cover what the traditional tree climbing schools are teaching, which is traditional double rope technique that involves using a modified hip thrust to pull themselves 20-40 feet off of the ground. The location will not only give you a great view, the classroom portion will be sheltered from the elements. Participants 15 years and under require parent or guardian supervision. Required equipment includes climbing appropriate gloves and warm clothing.	Follow signs from in front of lodge to site	No transportation required
210	<b>Down For Dummies Rappel</b>	\$ 5.00		2	6	Sun 11:00 AM	1.0	Would you like to try rappelling? Here's your chance. No experience will be necessary. This will NOT be a "how to" workshop. You will be given basic instructions, put on the rope, and monitored on the descent. The rappel location is very scenic and is guaranteed to make you pucker before your 50-foot descent. For your safety and comfort, there is a weight limit of 250 lbs, however you must also fit in the harness per manufacturer's safety guidelines.	Follow signs from in front of lodge to site	No transportation required
211	<b>Kenny McCoy Corrugated Cave</b>	\$ -	x	1	10	Sun 11:00 AM	1.0	Drop in. Kentucky's longest cardboard cave! This is an EXTREME cardboard maze that is adventurous for both adults and kids. You will encounter extensive crawling passages and some constrictive spaces during this trip. The passages simulate conditions often encountered by cavers in the area's wild caves. Bring a light (NOT carbide!) but leave your shoes and helmet behind. Dress lightly since crawling through the Kenny McCoy Corrugated Cave can be strenuous and stuffy. Kneepads are a good option if you have them. We allow 10 people maximum in the cave at one time; therefore a short wait may occur. Children 12 years old and under need parental supervision in order to participate.	Follow signs from lobby to basement	No transportation required
212	<b>A Visit to X-Cave</b>	\$ -		1	25	Sun 1:00 PM	1.0	A commercially lit tour of X-Cave. X-Cave has two vertical joint passages that meander through a large layer of limestone, which puts you up-close to many beautiful cave formations. Some of the highlighted features include turkey rock, the pipe organ, and the giant column, which is the largest cave formation found at the park. Be aware of your surroundings and you will discover how this cave became known as "X-Cave."	Meets at Welcome Center	Transportation required