

Sheltowee Trace

Adventure

Resort

2022 Moonbow
Schedule

Family Friendly
Activities

THE Place to Stay
near Cumberland Falls

Cumberland Falls State Park * Daniel Boone National Forest
Big South Fork National River and Recreation Area

800-541-RAFT

ky-rafting.com

Sheltowee Trace Adventure Resort and Cumberland Falls

Home of the Moonbow

Cumberland Falls

is a 65 foot tall waterfall located in the foothills of the Appalachian mountains. The centerpiece of Cumberland Falls State Resort Park, Cumberland Falls stretches 125 feet across before tumbling down a boulder strewn gorge on its way to Lake Cumberland. Hiking and horseback riding are also available at the state park.

Sheltowee Trace Adventure Resort

is located 5 miles east of Cumberland Falls State Resort Park. We provide lodging and adventure trips in the Cumberland Falls area as well as in the Big South Fork National River and Recreation area and the Daniel Boone National Forest. Our Adventure Resort makes a great base-camp to explore the area. Cabins, covered wagons, RV and tent camping are all available at the resort. Spend your days whitewater rafting, canoeing, kayaking, zip lining, riverboat cruising, waterfall or arch hunting. Unwind in the evenings around a campfire, and relax with family and friends.

What is a Moonbow?

This rare and magical sight is a lunar rainbow, formed by the light of the full moon. On clear moon-filled nights, a ray of light can be seen stretching out from the base of Cumberland Falls arcing downstream through the mist. Cumberland Falls is one of only two places in the world where one can regularly see a moonbow.

2022-2023 Moonbow Dates

Pink Moon	April 14 - April 18
Flower Moon	May 14 - May 18
Strawberry Moon	June 12- June 16
Buck Moon	July 11 - July 15
Sturgeon Moon	August 9 - August 13
Harvest Moon	September 8 - September 12
Blood Moon	October 7 - October 11
Frost Moon	November 6 - November 10
Cold Moon	December 5 - December 9
Wolf Moon	January 4 - January 8, 2023
Snow Moon	February 3 - February 7, 2023
Worm Moon	March 5 - March 9, 2023



Cumberland Falls Up Close!

Experience the power of Cumberland Falls thundering above you as you paddle up into the cool mist of the Falls.

Rainbow Mist

Soak in the rugged beauty as you sit back and relax during this fully guided tour. Feel the heartbeat of the Cumberland Falls as it roars overhead.

Walk-Ins Welcome

- 30-45 min. All ages; stairs required
- MD w/e to end of October; days vary
- \$27/person, ages 13 and up
- \$20/person, ages 6-12
- \$10/person, ages 5 and under



Moonbow Mist

Clear full moon nights cast a blue haze over the falls. Sight and sound are amplified as you approach the roaring falls in the dusky light.

- 30-45 min. All ages; stairs required
- Limited full moon summer and fall nights
- \$35/person, ages 13 and up
- \$28/person, ages 6-12
- \$14/person, ages 5 and under

Reservations Recommended

Stand Up Paddleboarding (SUP)/Kayak Rainbow Mist

Want to explore boulders, rock houses and more waterfalls? This exhilarating guided SUP or kayak trip includes a side hike to the clear, crisp waters of Eagle Falls.

- 90 min. Min age 6; stairs required
- June through October
- \$55/person, ages 13 and up
- \$30/person, ages 6-12 (shared SUP/kayak with an adult)

Reservations Required



Sheltowee Trace Adventure Resort is privately owned. Trips at Cumberland Falls State Resort Park are offered through an agreement with the Commonwealth of Kentucky.

Cumberland Below the Falls Whitewater Rafting



River Activities near Cumberland Falls

Cumberland Below the Falls Whitewater Rafting

The power of Cumberland Falls. Huge boulders rising up from the swirling water. Towering cliffhines. Laughing kids. Happy Paddlers. Jump Rock. Sunscreen. A well-deserved lunch on the Cumberland Star riverboat.

Ask About
Priority
Pandemic
Pricing!

Most
Popular Trip!

Reservations
Required



- All-day.
- Min age 6; Min weight 40 lbs
- Mid-May through October

• \$109 - \$119/person, ages 13 and up • \$99 - \$109/person, ages 6-12

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Kayaking at Ballard Ford



Canoeing and Kayaking

Meander down the Cumberland river as it nestles into its riverbank. Overhanging trees provide dappled shade. Shallow rapids alternate with deep pools, inviting you to swim and cool off.

Single Day trips:

- \$39/person, ages 13 and up
- \$34/person, ages 6-12
- \$29/person, ages 5 and under
- Solo kayaks, add \$10/person
- Multi-day trips, add \$10/person/day

Reservations
Recommended



Upper Cumberland
5-mile 1/2 day
17-mile .. Full/Multi-day
28-mile Multi-day

Upper Upper Cumberland
3-mile 1/4 day
5-mile 1/2 day
8.5 miles 1/2 to 3/4 day
11-mile 3/4 to full day

Ahhh,
River Time!

Stand Up Paddleboard (SUP) Rentals

Reservations
Recommended

Try your hand at Stand-up Paddleboarding in the cool, clear waters of Laurel Lake. Ideal for swimming, fishing, or just paddling around. Canoes, kayaks and corcls also available. Car-top rentals start at \$30/boat.

Sightseeing Cruise on the Cumberland Star Riverboat



Zipline at the Adventure Resort



Lots of things to do....



Cumberland Star Riverboat

Reservations Required

A 65-foot double-decker riverboat, the Cumberland Star plies the headwaters of Lake Cumberland in much the way packet boats connected the river towns along the Cumberland before Wolf Creek dam was built. Sit back and relax as you watch the riverbanks glide by. Blue Herons, cormorants, and the occasional eagle can be spotted enjoying the solitude and fishing the waters of the lake. Sharp-eyed guests may spot snapping turtles, or even an occasional beaver.

Sightseeing Cruises \$20/ages 13 and up, \$15/ages 6-12. Drinks and snacks are available for additional purchase (cash only).
Lunch Cruises \$27/ages 13 and up, \$20/ages 6-12. Includes lunch and drinks. Children ages 5 and under are free on both trips!



Zipline

Reservations Recommended

Thrill as you speed down the 650 foot Big Zipper. You can solo it or bring a buddy and race down the twin zip lines. Our little zipper is good for the younger kids in your group. Multi-zip discounts available!

Big Zipper: \$22/zip; Min 65lbs. Max weight varies.
Little Zipper: \$12/zip. Min: 40 inches tall or 5yo. Max 90lbs



Daniel Boone National Forest Electric Bike Tour

Walk-Ins Welcome

Hills are no problem on our new self-guided electric bike tour! Easily explore along Dogslaughter Creek. Discover Schoolhouse Arch and Phalanx Arch. Take a side-hike to the popular Dogslaughter Falls and Bark Camp Creek cascades.



Gem Mining

Walk-Ins Welcome

Kids love this activity (adults do too, shhhh!) Search for gems, fossils or arrowheads. Includes a card telling about your treasures!
\$1 off coupon for anyone staying in our cabins or campground.



Corcl Rentals

Walk-Ins Welcome

Think of an on-water sit and spin. It's the new way to kayak, specifically sized for kids! Relax and read a book next to our pond while your kids wear themselves out have fun! SUP rentals also available for bigger kids and/or adults. **\$5/hour.**

Big South Fork National River and Recreation Area

The Big South National River and Recreation Area (BSFNRA) spans 125,000 acres on the border between Kentucky and Tennessee and protects the free-flowing Big South Fork of the Cumberland and its tributaries.

Approximately 76 miles long, the river helps drain the Cumberland Plateau, running south to north (from TN into KY). The Class III/IV Upper section (Burnt Mill or Pine Creek down to Leatherwood Ford) in TN is wonderful for spring whitewater rafting. The middle section (Leatherwood Ford or Station Camp to Blue Heron) is for more experienced canoers or kayakers looking for multi-day adventures, while the lower section in KY is excellent for single or multi-day casual paddlers. No matter which section you paddle, the scenic gorges and high bluff lines make for a wonderful trip.



Blue Heron (aka Mine 18), on the banks of the Big South Fork river, was an isolated mining town that was abandoned in 1962. In the 1980's the NPS built a road into the old mining town, interviewed former residents and built 'ghost' structures. Today's visitors can take a self-guided audio tour as they explore these structures, the old coal tipple and the RR depot. Located nearby, Barthell was the 1st coal mining camp in the area. Privately owned, it has been restored and offers guided tours and lodging.

The Big South Fork Scenic Railway rides the old RR tracks, passing through open vistas, roaring rivers, and the history and charm of Appalachian coal country as it winds its way down to Barthell and Blue Heron mining camps. Our duckie (p. 9) and tubing (P. 11) trips both meet in Blue Heron area.



In addition to the river from which it takes its name, the BSFNRA is a hiker's paradise. Home to gorgeous arches and waterfalls, it includes the highest waterfall in KY - Yahoo Falls.

Horsepack outfitters provide customized horseback rides and pack trips on the 212 miles of horse trail, mostly in the TN section of the park. Stabling facilities and equestrian campgrounds are located within the park as well.

Charit Creek Lodge is a rustic backcountry lodge located in the heart of the BSFNRA. It is accessible only by hiking, biking or horseback.

Rockclimbing and mountain biking are also popular in the park.



Big South Fork

Let's Go!

Big South Fork Whitewater Rafting *Spring*

Spring rafting is not for the faint of heart. Cold weather and big water. Massive boulders and narrow chutes. This section of river can only be run early in the season, so put on your wetsuit (we rent them) and let's go!



Gorge:

- Intermediate
- Class IV
- All-day; Min age: 13
- \$144/person, includes lunch

Reservations Required

Canyon:

- Family/Beginner
- Class III
- 1/2 day; Min age: 7
- \$99/ages 13 and up; \$89/ages 7-12

- Meets at Leatherwood Ford
- April through mid-May

Looking for Excitement?

Bear Creek Whitewater Duckie Trip * Summer *

Looking for excitement and incredible scenery in an awesome half day trip? This could be the trip for you! This 5 mile unguided trip is perfect for someone looking for adventure.

- 1.5-2 hr trip
- Class II/III
- Price: \$69/person
- Min age 8 (tandem duck) or 12 (solo duck)
- Meets at Blue Heron

Reservations Required



Canoeing/Kayaking on the Big South Fork



Big South Fork Easy River Trips



Canoeing/Kayaking

The Big South Fork is a small intimate river with high cliff lines and huge boulders. It has great places to stop, swim, picnic, and explore.

Reservations
Required

- Meets at take-out point
- Sections can be combined for longer or multi-day trips.

4.8 miles,
Blue Heron to Yamacraw..... 1/2 day
7.4 miles,
Yamacraw to Alum Ford 3/4 day
11.5 miles,
Alum Ford to Hwy 927 Full day

Tubing on the Big South Fork River



Lower Section Trips:
\$45/person

Solo kayaks, add \$10/person
Multi-day trips, add \$10/person/day

Middle Section Trips:

Ask us about the multi-day middle section trips
(Leatherwood Ford and Station Camp)
for experienced paddlers.

Tubing

A perfect trip for hot afternoon! Float down the river, hitting riffles, rapids, and long pools of water. Splash, swim, and play as you float past huge boulders and high cliff lines that make this section of river as visually stunning as it is fun.

Reservations
Required

- 1.5-2 hr trip
- Price: \$29/person
- Min age 4 (double tube) or 7 (single tube)
- Meets at Blue Heron



NEW Couples Cabins



Covered Wagons

Cabins

Sleeps 10-12



Star Falls Resort Cabin

3 BR; 1.5 bath. Kitchen; LR w/ gas fireplace, TV/cable. W/D, heat/AC, Wrap-around porch; outside gas grill, firepit. Summer pricing starts at \$239/night.

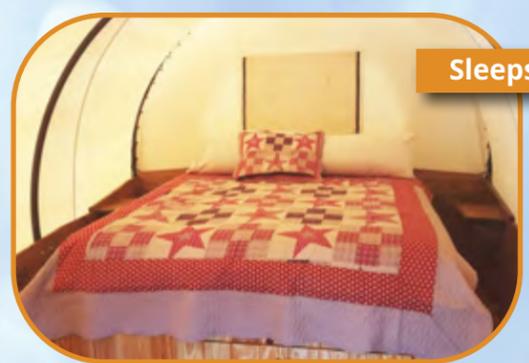
Sleeps 6-8



Super Cozy Cabins

1 room; bathhouse access. Mini-fridge, microwave, heat/AC. Picnic table, charcoal grill, fire ring. Summer pricing starts at \$129/night.

Sleeps 5-6



Covered Wagons

1 Conestoga wagon; bathhouse access. Mini-fridge, microwave, heat/AC. Picnic table, charcoal grill, shared fire ring. Summer pricing starts at \$179/night.

Sleeps 2-4



Couple Cabins

1BR; 1 bath. Kitchen/ LR combo. Electric fireplace, TV/Cable/ Blue-ray. Heat/AC. Front and back porches. Picnic table, charcoal grill, fire ring. Summer pricing starts at \$169/night.

Sleeps 3-4



Cozy Cabins

1 room; bathhouse access. Mini-fridge, microwave, heat/AC. Picnic table, charcoal grill, fire ring. Summer pricing starts at \$99/night.

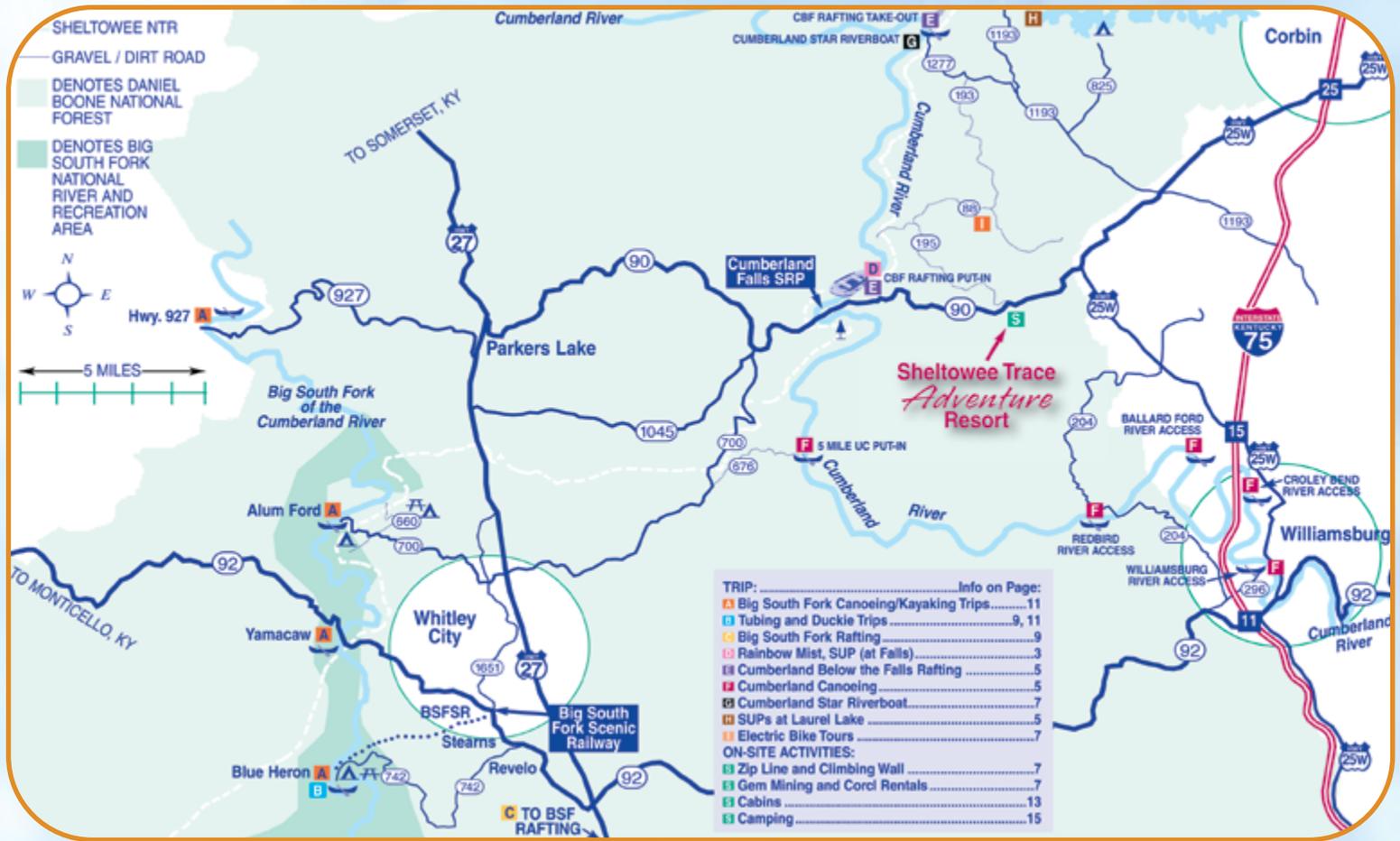
Sleeps 2-4



A-frame Cabins

1 room A-frame cabins; water at site; bathhouse access. Mini-fridge, microwave, heat/AC. Picnic table, charcoal grill, fire ring. Summer pricing starts at \$129/night.

Coming Soon



Sheltowee Trace Adventure Resort • 2001 Hwy 90 • Corbin, KY 40701

Best Area Hikes

Cumberland Falls Area

- Eagle Falls
- Firetower
- Dogslaughter Falls
- Schoolhouse Arch
- Phalanx Arch
- Bark Camp Creek
- Triple Falls

Laurel Lake Area

- Van Hook Falls
- Laurel Lake Trail
- Three Sisters



Scan the above QR code for google map locations of area activities and local food options!

KY Big South Fork Area

- Natural Arch
- Yahoo Falls
- Buzzard Rock
- Catawba Overlook
- Crack In the Rocks
- Split Bow Arch
- Princess Falls

TN Big South Fork Area

- Twin Archs
- Angel Falls
- Honey Creek Loop

Bark Camp Creek Cascades
 Photo Credit: Pam Gibson