

Sheltowee Trace Adventure Resort

Celebrating 40 Years

2023 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.

2023-2024 Moonbow Dates

Pink Moon	April 4 - April 8
Flower Moon	May 3 - May 7
Strawberry Moon	June 1- June 5
Buck Moon	July 1 - July 5
Sturgeon Moon	July 30 - August 3
Blue Moon	August 28 - September 1
Harvest Moon	September 27 - October 1
Blood Moon	October 26 - October 30
Frost Moon	November 25 - November 29
Cold Moon	December 24 - December 28
Wolf Moon	January 23 - January 27, 2024
Snow Moon	February 22 - February 26, 2024
Worm Moon	March 23 - March 27, 2024

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 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
- \$29/person, ages 13 and up
- \$22/person, ages 6-12
- \$11/person, ages 5 and under



Moonbow Mist

Clear full moon nights cast a blue haze over the falls. Sights and sounds 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
- \$39/person, ages 13 and up
- \$32/person, ages 6-12
- \$16/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.

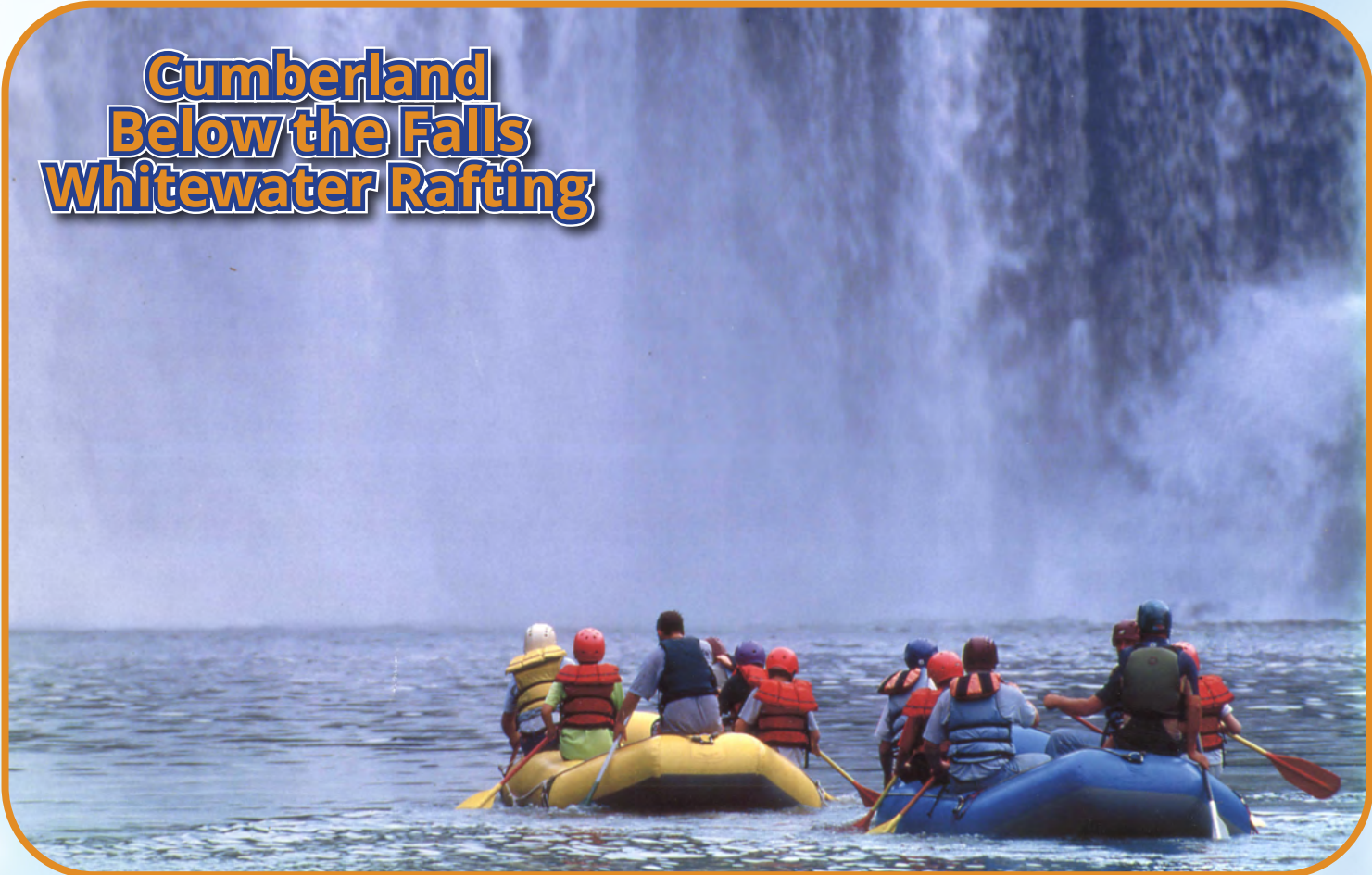
- 90 min. Min age 6; stairs required
- June through October
- \$60/person, ages 13 and up
- \$35/person, ages 6-12 (shared SUP/kayak with an adult)

Reservations
Required

Sheltowee Trace Adventure Resort is privately owned and is a permittee of Cumberland Falls State Resort Park and the US Forest Service.



Cumberland Below the Falls Whitewater Rafting



Family Fun!



Cumberland Below the Falls White Water Rafting



Start your trip by experiencing the thundering roar of Cumberland Falls. You'll bounce off of huge boulders rising up from the swirling water as you raft below towering cliff lines. Along the way there will be places to swim, lots of laughs and happy paddlers. Jump off of Jump Rock, if you dare! We'll finish up with a well-deserved lunch on the Cumberland Star Riverboat.

All-day trip includes lunch
Guide on the back of each raft
Min age 6; min weight 40 lbs
Mid-May through October

Reservations
Required



Standard Days:
\$119/person, ages 13 and up
\$109/person, ages 6-12

Premium Days
\$129/person, ages 13 and up
\$119/Person, ages 6-12



Most
Popular
Trip!

Single person duckies available at
no extra fee!



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Kayaking at Ballard Ford



Tubing on the Cumberland River



Canoeing, Kayaking, and Tubing Cumberland River

Canoeing and Kayaking

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

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

Reservations
Recommended



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



Single Day Trips:

(for a 2-person canoe or kayak)

- \$43/person, ages 13 and up
- \$38/person, ages 6-12
- \$33/person, ages 5 and under

Add \$10/person/day

- For solo kayaks
- Multi-day trips



River Tubing

\$32/person, ages 13 and up
 \$27/person, ages 6-12
 \$22/person, ages 4-5

Min age:
 7 (Single tube)
 4 (Double tube)

Reservations
Recommended

1/4 day trip
 Meets in Williamsburg



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Sightseeing Cruise on the Cumberland Star Riverboat



Zipline at the Adventure Resort



Sightseeing Riverboat Cruises

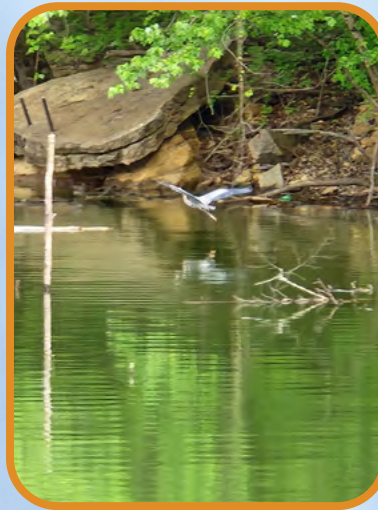
A 65-foot double decker riverboat, the Cumberland Star plies the headwaters of Lake Cumberland in much the same way packet boats connected the river towns along the Cumberland before Wolf Creek Dam was built. Sit back and relax as you watch the riverbanks glide by. Blue herons, comorants, and the occasional eagle can be spotted enjoying the solitude and fishing the waters of the lake. Sharp-eyed guests may spot snapping turtles or even the occasional beaver. A late lunch will be served after the raft trip boards the boat

Reservations
Required



Sightseeing cruise with late lunch

\$29/person, ages 13 and up
\$26/person, ages 65 and up
\$22/person, ages 6-12
Free, Children 5 and under



Charter Cruises available
for groups of 20 or more!

Ziplining

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 185 foot long little zipper is good for the younger kids in your group.

Walk-ins
Welcome

Multi Zip discounts
available!

Big Zipper

\$22/person
Min Weight: 65lbs
Max Weight: 275lbs

Little Zipper

\$12/person
Min: 5 yo or 40" tall
Max weight: 90lbs





**Schoolhouse Arch,
Arches and Waterfalls Tour**



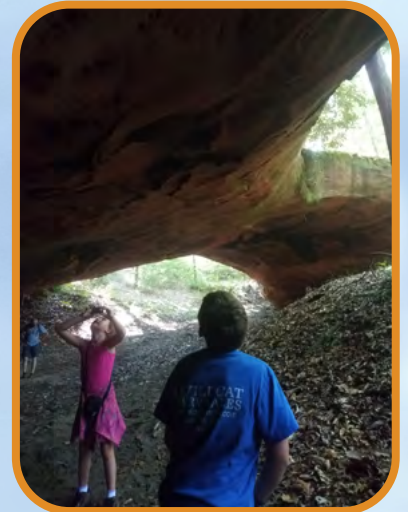
**Sheltowee Trace
Adventure Resort**

Arches and Waterfalls Tour

Visit some of the natural highlights in the Cumberland Falls and Laurel Lake area with a guide to show you around! Schoolhouse Arch, Phalanx Arch, Whippoorwill and Whippersnapper arches, Bark Camp Cascades, and Amos Falls can all be done on our 3 hour guided tour. Snacks, water, and all transportation provided.

\$49/person, ages 13 and up
\$39/person, ages 6-12
Min age 6

Reservations
Required



Other Activities



Electric Bike Rentals for the Daniel Boone National Forest

Hills are no problem on the 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
4 hour rental: \$35/bike; All-day rental: \$60/bike

Stand Up Paddleboard (SUP) Rentals for Laurel Lake

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 are also available. Car-top rentals start at \$30/ SUP



Gem Mining

Kids love this activity (adults do to, 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.

On-Site Hiking Trails

Want to get out and take a hike without having to drive? Falls Creek and Sunken Creek Trails provide a 1.5 mile on-site loop trail. Pass through wooded forests, explore the rockhouses, play in the creek and enjoy the waterfalls!



White Dog Snack Bar and Grill

If all the fun you're having works up an appetite, we have you covered! Visit our White Dog Snack bar and Grill to refuel and get back on the run. Offering all-day breakfast and lunch/dinner options. Our hand-dipped ice cream is just the thing for a hot summer day!

Big South Fork National River and Recreation Area

The Big South Fork National River and Recreation Area (BSFNRRRA) 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. 13) and tubing (P. 15) trips both meet in Blue Heron area.

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

Horseback 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 BSFNRRRA. It is accessible only by hiking, biking or horseback.

Rockclimbing and mountain biking are also popular in the park.



© Sarah Dunlap 2018

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
- \$159/person, includes lunch

Reservations
Required

Canyon:

- Family/Beginner
- Class III
- 1/2 day; Min age: 7
- \$109/ages 13 and up; \$99/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: \$75/person
- Min age 8 (tandem duck) or 12 (solo duck)
- Meets at Blue Heron

Reservations
Required



Canoeing/Kayaking on the Big South Fork



Tubing on the Big South Fork River



Big South Fork



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

Lower Section Trips:
\$49/person, ages 13 and up
\$44/person, ages 6-12
\$39/person, ages 5 and under
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: \$32/person ages 13 and up
\$27/person ages 6-12
\$22/person ages 4-5
- Min age 4 (double tube) or 7 (single tube)
- Meets at Blue Heron



Couple Cabins



Covered Wagons



Cabins

Sleeps 10-12



Star Falls Resort Cabin

3 BR; 1.5 bath. Kitchen; LR w/ gas fireplace, Smart TV/Blu-ray. W/D, heat/AC, Wrap-around porch; outside gas grill, firepit. Summer pricing starts at \$254/night.

Sleeps 2-4



Couple Cabins

1BR; 1 bath. Kitchen/ LR combo. Electric fireplace, Smart TV/Blu-ray. Heat/AC. Front and back porches. Picnic table, charcoal grill, fire ring. Summer pricing starts at \$169/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 \$134/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 \$109/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

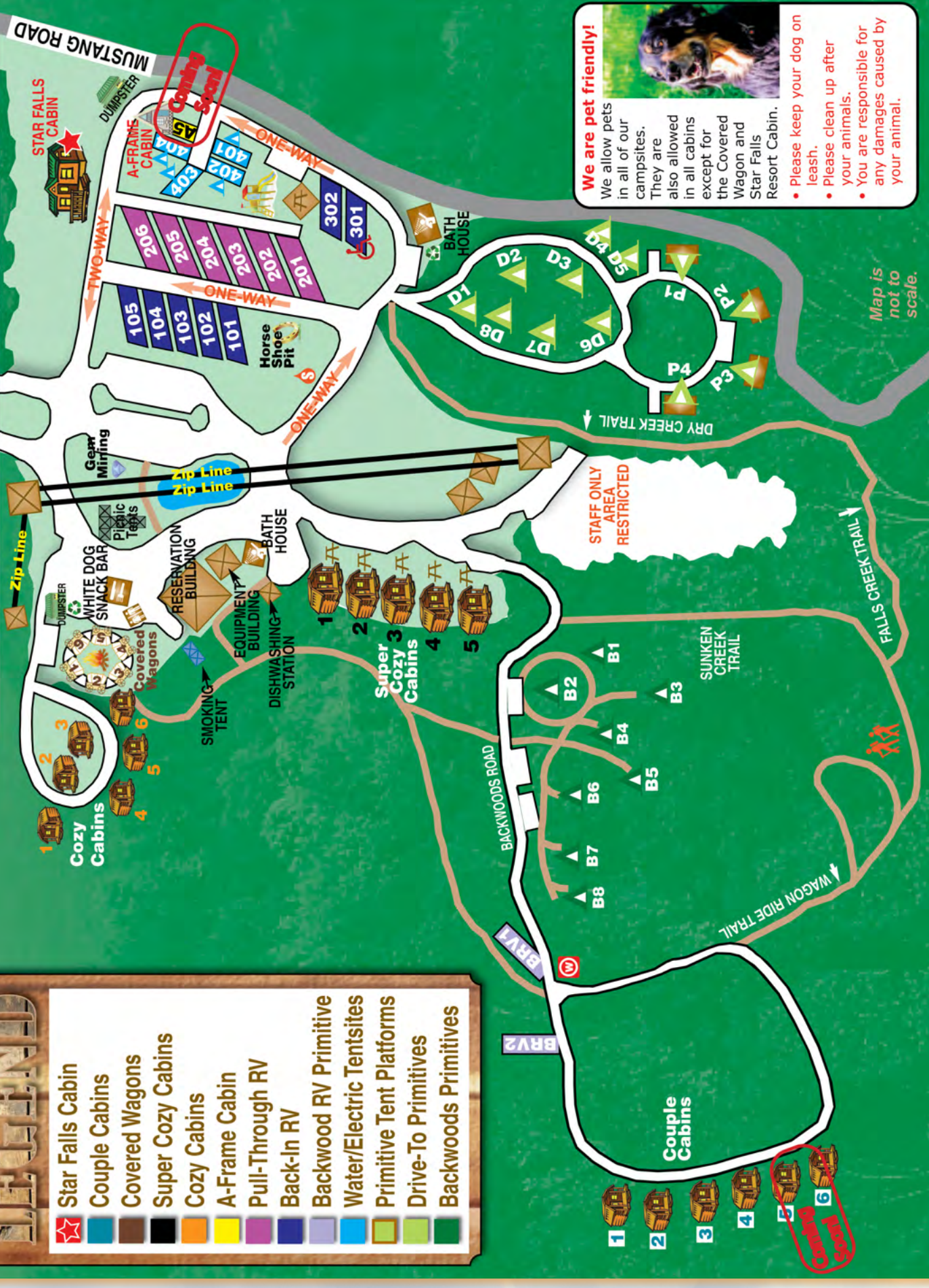


A-frame Cabins

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 \$139/night.

Coming Soon

HIGHWAY 90



We are pet friendly!
 We allow pets in all of our campsites. They are also allowed in all cabins except for the Covered Wagon and Star Falls Resort Cabin.

- Please keep your dog on leash.
- Please clean up after your animals.
- You are responsible for any damages caused by your animal.



Map is not to scale.

LEGEND

	Star Falls Cabin
	Couple Cabins
	Covered Wagons
	Super Cozy Cabins
	Cozy Cabins
	A-Frame Cabin
	Pull-Through RV
	Back-In RV
	Backwood RV Primitive
	Water/Electric Tentsites
	Primitive Tent Platforms
	Drive-To Primitives
	Backwoods Primitives

Camping



Pull-through RV Sites

40x80. Spacious, level sites. Water, electric (20/30/50), sewer. Picnic table; charcoal grill; fire ring.
Starts at \$58/night.



Primitive RV Sites

Heavily wooded back-in site. Access to bathhouse with laundry facilities and dump station. Nearby water spigot. Picnic table; charcoal grill; fire ring.
Starts at \$35/night.



Platform Tent Sites

Primitive tent sites with 12x16 covered platform and parking at site. Access to bathhouse with laundry facilities. Picnic table; charcoal grill; fire ring.
Starts at \$35/night.



Drive-to Tent Sites

Primitive tent sites with parking in your site. Lightly shaded. Bathhouse with laundry facilities close-by. Picnic table; fire ring.
Starts at \$25/night.



Backwoods Tent Sites

Heavily shaded, roomy tent sites with parking nearby (walk to site). Water spigot nearby. Access to bathhouse with laundry facilities. Picnic table; fire ring.
Starts at \$25/night.



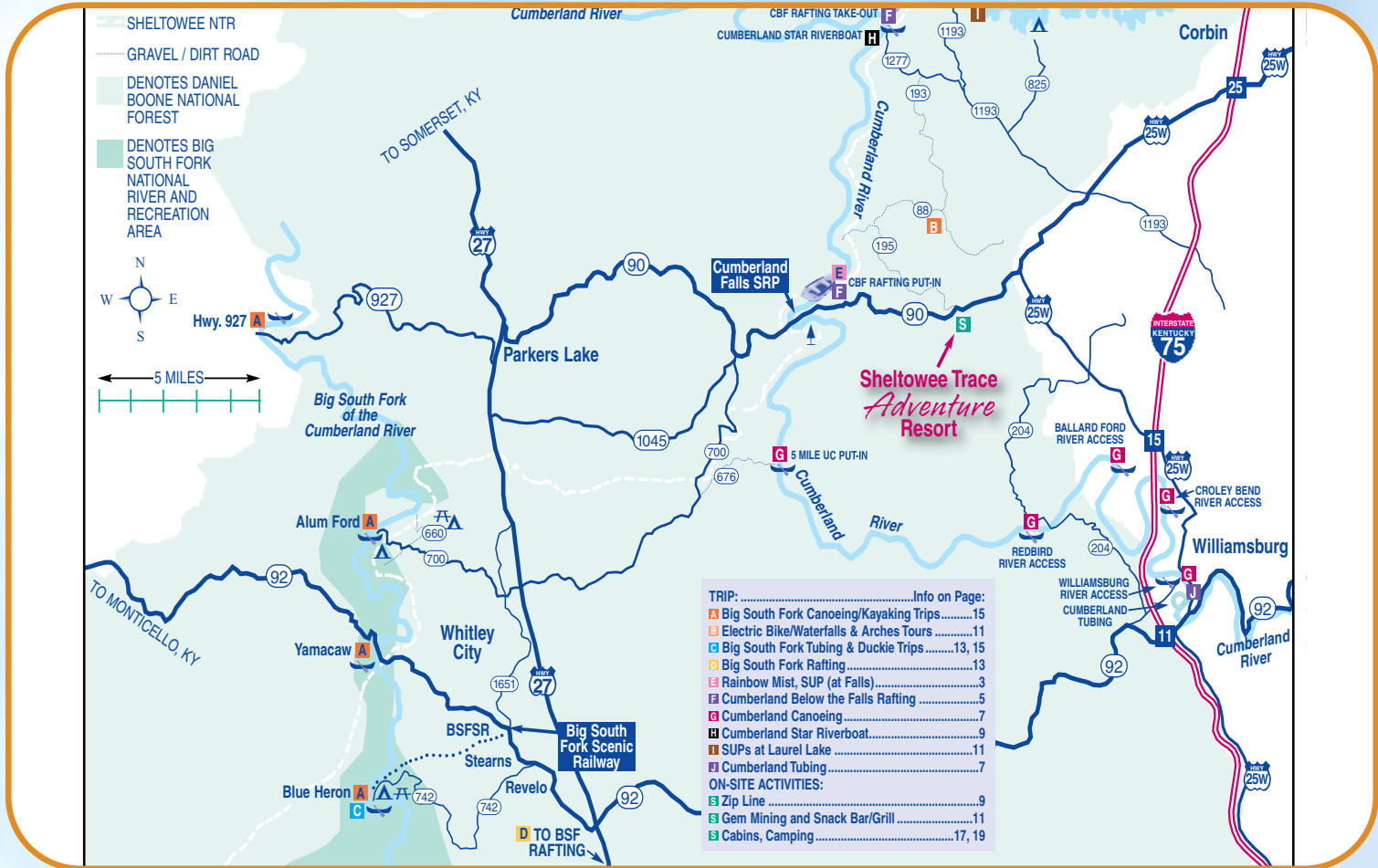
Back-in RV Sites

30x50. Comfortable, level sites. Water, electric (20/30/50). Dump station. Picnic table; charcoal grill; fire ring.
Starts at \$48/night.



Water/Electric Tent Sites

Water, electric (20/30) tentsites with parking at site. Access to bathhouse with laundry facilities. Picnic table; charcoal grill; fire ring.
Starts at \$35/night.



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 Arches
- Angel Falls
- Honey Creek Loop