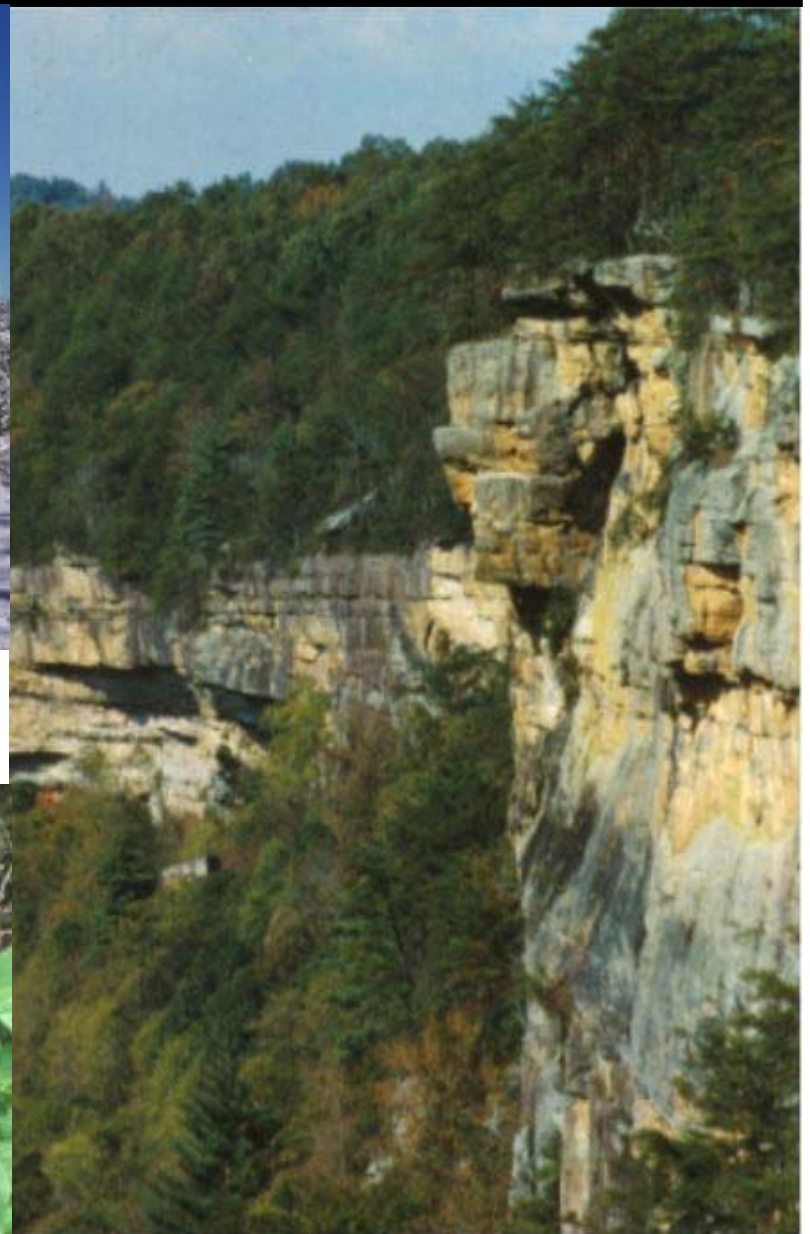




# Big South Fork Visitor Guide

2004

The official newspaper of  
Big South Fork National River and Recreation Area



## A Park For All Seasons



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## 2004 Special Events and Program Calendar Spring Planting Festival

May 1- Spring Planting Day- 10:00 a.m. until 5:00 p.m. Join in a celebration of spring from the late 1800's through the early 1900's. Demonstrations throughout the day of horse and mule drawn equipment, plowing, planting, dulcimer music, farm animals and tasks of the homemaker.

### Astronomy

May 22 - Solar Viewing - 3:30 p.m. until 5:00 p.m. weather permitting Bandy Creek Visitor Center.  
Astronomy - Bandy Creek - 9:00 p.m. Paul Lewis from the University of Tennessee.

October 16- Solar Viewing - 3:30 p.m. until 5:00 p.m. - weather permitting Bandy Creek Visitor Center.

Astronomy - Bandy Creek - 9:00 p.m. Paul Lewis from the University of Tennessee.  
Other Astronomy Programs will be offered at Obed Wild and Scenic River May 8 and Sept. 11.

### Storytelling Festival

September 25 - Dulcimer Workshop

Bring your own dulcimer and learn to play a tune. Two beginners sessions will be held beginning 9:00 a.m. until 12:00 p.m. and again at 1:00 p.m. until 4:00 p.m. A limited number of dulcimers will be on hand for the public's use. Please sign up in advance for this workshop by calling (423) 286-7275.

### Storytelling Festival Craft Workshops

Learn about some of our old time crafts of the region through classes and demonstrations. Crafts offered may include tatting (old time lace making), quilting, flintknapping, wood carving, soap making, survival skills and basket making. Class participants will be asked for a \$5.00 donation to assist with class materials and instructor fees. Sign up for classes will be done in advance. Please call Bandy Creek Visitor Center at (423) 286-7275 to check about classes offered and to sign up with your name and address to reserve a place in a class. Each class will be a minimum of 4 hours in length. Classes will be scheduled throughout the day beginning at 9:00 a.m. and ending at 5:00 p.m.

### Haunting in the Hills Storytelling and Evening Presentations

3:00 p.m. Special Local Tellers  
5:00 p.m. Knoxville Area Dulcimer Club Concert  
6:30 p.m. Bluegrass Music  
8:00 p.m. to 10:00 p.m. - Haunting in the Hills Storytelling

### Cumberland Heritage Month

October Saturdays - Join in cultural heritage activities at Blue Heron Mining Community. Craft demonstrations and presentations of storytelling, woodworking, natural dyes, spinning, old timey toys, dulcimer music, pioneer history, coal mining displays. Times and schedules will be announced for each Saturday in October.

### All events are Eastern Time

### All Programs Are Subject To Change

Contact Bandy Creek Visitor Center at (423) 286-7275(PARK), or the Kentucky Visitor Center (606) 376-5073 or the Blue Heron Interpretive Center (606) 376-3787 for program details. Also see page 6 for more information about the special events.

## On The Cover: A Park For All Seasons

Photos of : Winter - Lora Blevins homeplace, Spring - Large Flowered Trillium in bloom, Summer - cliff gorge, Autumn - Big South Fork of the Cumberland River from overlook along Pilot- Wines horse trail.



If you are looking for information and unique items concerning Big South Fork, you need to check out the bookstores located at Bandy Creek and the new Stearns Depot Visitor Center. The bookstores are operated by Eastern National, a non-profit cooperating association founded in 1947 and authorized by Congress to work with America's National Parks and other public trusts. The mission of Eastern National is to provide quality educational and interpretive products to the public.

Eastern provides a variety of unique items that will enhance your visit. Items offered for sale include maps, trail guides, books of local interest and unique craft items. By purchasing an item from the bookstore you are supporting Big South Fork. Eastern returns a percentage of its profits to use for promoting the historical, scientific and conservation activities of the National Park Service. Among other projects, these donations are used to fund publications such as this newspaper. Membership in Eastern National entitles you to a discount on merchandise and helps support the programs of the National Park Service. For more information about Eastern National or to become a member, visit <http://www.EasternNational.org>.

Eastern National recently announced the winners of the 2004 Passport to Your National Parks Photo Contest. A photograph of Devils Jump Rapid in Big South Fork by Dr. Chuck Summers of Middlesboro, Kentucky, was selected to represent the Southeast Region. The Passport program was first introduced in 1986 as a travel companion for park visitors. National Park visitors can collect annual commemorative stamps and rubber-stamp ink cancellations inside the Passport book. The commemorative stamp, Passport books and park cancellation stamps are available at both visitor center bookstores.

Any item you see in our bookstore can be ordered by mail, by telephone or by visiting the Big South

Fork web site. If ordering by mail, you may use a personal check made payable to "Eastern National" or you may use a credit or debit card when ordering by phone. An order form may be downloaded from the Big South Fork web site at [www.nps.gov/biso](http://www.nps.gov/biso). Call (423) 286-7275 or write to Eastern National Bookstore, 4564 Leatherwood Road, Oneida, Tennessee 37841. Below are some popular items from the bookstore.

National Geographic, Big South Fork Trail Map by Trails Illustrated - a large scale, topographic map of the entire system of designated hiking, horse and mountain bike trails. Waterproof and tear resistant. \$9.95

Hiking the Big South Fork - a complete guide to hiking trails in Big South Fork and selected trails in the adjoining Daniel Boone National Forest and Pickett State Park and Forest. Deaver, Smith and Duncan \$14.95

100 Trails of the Big South Fork - as the title implies, a trail guide with accurate descriptions of horse, hiking and bike trails in Big South Fork. Manning and Jamieson \$16.95

Exploring the Big South Fork - a trail and visitors guide to horse, hiking and mountain biking trails and the many activities at Big South Fork. Campbell and Campbell \$16.95

A Year in the Big South Fork - a wonderful, photo-graphic presentation depicting the beauty of Big South Fork. Summers \$9.95

Natural Arches of the Big South Fork - an arch hunters delight, a guide to the most accessible arches in the area. McDade \$12.95

Big South Fork Children's Guide and Coloring Book - an excellent way to introduce children to the wonders of Big South Fork National River and Recreation Area. Duncan \$2.50

New items:

South Fork Country - an excellent book dealing with the early history of the Big South Fork River and the region around it. Perry \$21.95

Folk life along the Big South Fork of the Cumberland River - an in-depth look at the people and culture that are unique to the Cumberland Plateau. Howell \$29.95.



## Welcome from the Superintendent

Welcome to Big South Fork National River and Recreation Area

Congress established Big South Fork NRRRA in 1974 to provide recreational opportunities and to preserve and protect its resources. It belongs to the American people and is administered by the National Park Service to both protect those resources and to provide for an array of healthful outdoor recreational activities.

The upcoming finalization of our General Management Plan will serve to guide the management, development and maintenance of Big South Fork NRRRA for years to come.

The staff of Big South Fork National River and Recreation Area remains committed to the goals of resource protection and quality visitor service. Together with our many park partners and neighbors we will be striving to find realistic, innovative approaches to solving the challenges we face and meeting the goals we have set.

You are our valued guest so please let us know if you have concerns or comments. We hope that you will explore the area, enjoy the area, have fun, and return often.

Sincerely,

Reed E. Detring  
Superintendent

## Make Your First Stop Here

Whether you are a first time visitor or a regular user of Big South Fork National River and Recreation Area, your first stop should be at one of the park's two visitor centers. A quick stop at the visitor center can help you get the most out of your visit.

Park staff at Bandy Creek Visitor Center in Tennessee and the Stearns Depot Visitor Center in Kentucky can provide information on a wide range of recreation options and park information. In addition to providing information on Big South Fork, park rangers can provide information about the surrounding area including state parks and forests, area attractions and federal lands.

At the visitor centers one has access to both free information, as well as maps and guide books available for purchase. Each visitor center has a sales area operated by Eastern National, a non-profit cooperating association dedicated to providing educational materials to the public and supporting the programs of the National Park Service. A percentage of each purchase is donated to the park to support local activities. The visitor centers also issue backcountry camping permits, Golden Age and Golden Access Passports and the National Park Pass.

A stop at the visitor center can make your visit more enjoyable, safer and maximize your time to allow you to get the most from a truly outstanding area. For more information you may call the Bandy Creek Visitor at (423) 286-7275 or the Stearns Depot Visitor Center at (606) 376-5073.



Bandy Creek Visitor Center (building on the right) offers visitor information, Eastern National bookstore and also sells ice.



Stearns Depot Visitor Center in Kentucky. The visitor center offers park information and Eastern National bookstore.

## Emergency Numbers

When emergency medical assistance is needed, dial 911 or:

### Tennessee

#### Bandy Creek Visitor Center

(423) 286-7275 (PARK) - 8:00 a.m. to 4:30 p.m. Eastern Time.

**Scott County Hospital**, Highway 27, Oneida, TN (423) 569-8521

**Scott County Ambulance**, Oneida, TN (423) 569-6000

#### Scott County Sheriff

Huntsville, TN  
(423) 663-2245

#### Jamestown Regional Medical Center

W. Central Avenue, Jamestown, TN  
(931) 879-8171

#### Fentress County Ambulance

(931) 879-8147

#### Fentress County Sheriff

Jamestown, TN  
(931) 879-8142

### Kentucky

#### Stearns Depot Visitor Center

(606) 376-5073. During train season  
9:00 a.m. - 5:30 p.m.

#### Blue Heron Interpretive Center

(606) 376-3787

#### McCreary County Ambulance

(606) 376-5062

#### McCreary County Sheriff

(606) 376-2322



# Campgrounds

Big South Fork National River and Recreation Area offers three campgrounds: Bandy Creek, Blue Heron, and Alum Ford. Bandy Creek Campground is located in the Tennessee portion of the park. Blue Heron and Alum Ford campgrounds are located in Kentucky.

## Bandy Creek Campground

Bandy Creek Campground is open year round. Sites may be reserved May 1 through October 31 by calling Spherix, Inc. at 1-800-365-2267 code 244. Although a reservation system is in place, campers are still welcome on a first-come, first-served basis for unreserved campsites. It is always a good idea, however, to call the Bandy Creek Campground at (423) 286-8368 before coming. The campground does fill up during holidays, special events, weekends and the whole month of October. Check-in for the campground is at the entrance station kiosk.

From November 1 through April 30, campsites are only taken on a first-come, first-served basis. During this time campers self register by filling out an envelope from the entrance station, picking their site and then placing the fee into the provided envelope. Drop the envelope into the fee collection box at the campground entrance station.

Areas B, C and D offer 98 sites which have electric/water hookups. Area A offers 49 tent sites. Two sites in area D are wheelchair accessible. In the group area, E-1 is also wheelchair accessible. Restroom facilities are also accessible in these areas.

Bandy Creek sites B, C, and D are \$20.00 for water/electric hookups per night and \$17.00 for tents per night in Area A. Although Area A has no electrical hook-ups, RV's, pop-ups, and horse trailers are permitted in sites A1 - A12. Sites A13 - A49 are restricted for tents only. Holders of Golden Age and Golden Access Passports are entitled to a 50% discount for campsites.

Bandy Creek Group Area E-1 and E-2 are for large groups of 25 or more. E-1 offers 19 individual sites and E-2 offers 16 individual sites. These sites do not have electric/water hookups. The group areas offer a covered pavilion with electric/water and cooking area. A fire ring for campfires is available. Separate bathhouses for each area offer hot showers. The cost is \$75.00 minimum charge per night for up to 25 persons, plus \$3.00 for each additional person. Reservations can be made for the group camp April 1 through November 15 by calling 1-800-365-2267 code 244.

## Blue Heron

Blue Heron Campground sites may be reserved from May 1 through October 31 by calling Spherix, Inc. at 1-800-365-2267 code 244. Blue Heron is closed for the winter season.

Blue Heron offers 45 sites, with one site that is designated wheelchair accessible. Restroom facilities are also accessible. There is a fire ring and a dump station provided. Sites are \$15.00 per night with water/electric hookups. Although a reservation system is in place, campers are still welcome on a first-come, first-served basis for unreserved campsites. For additional information call (606) 376-2611.

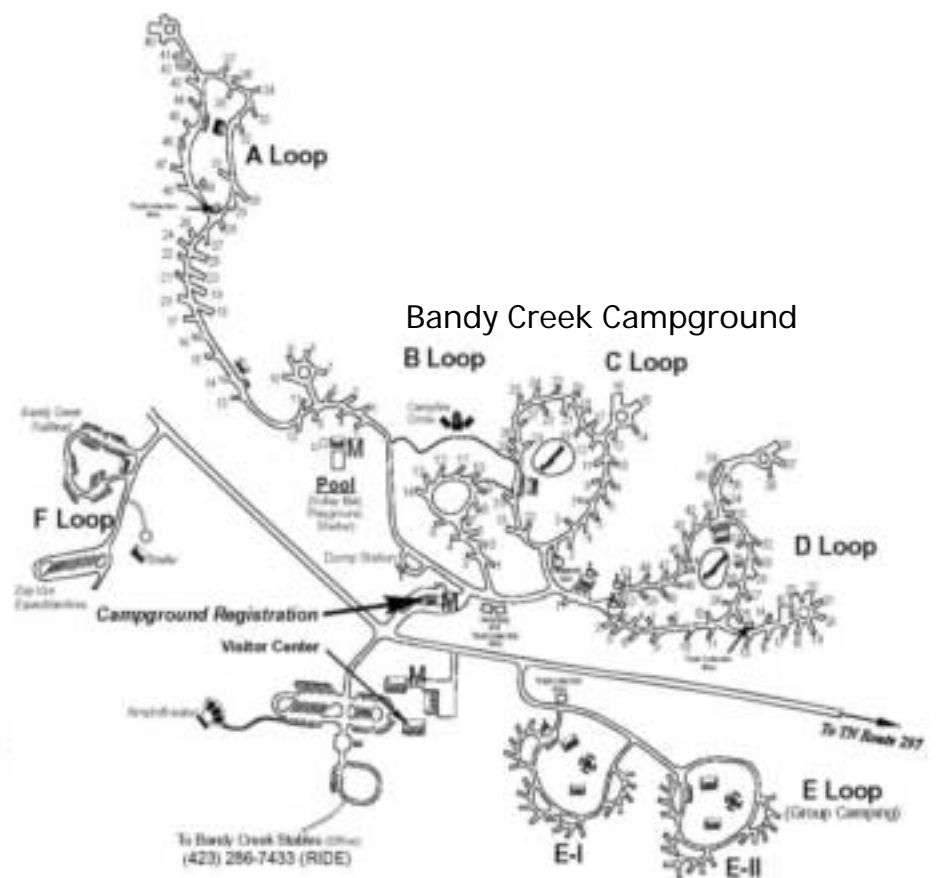
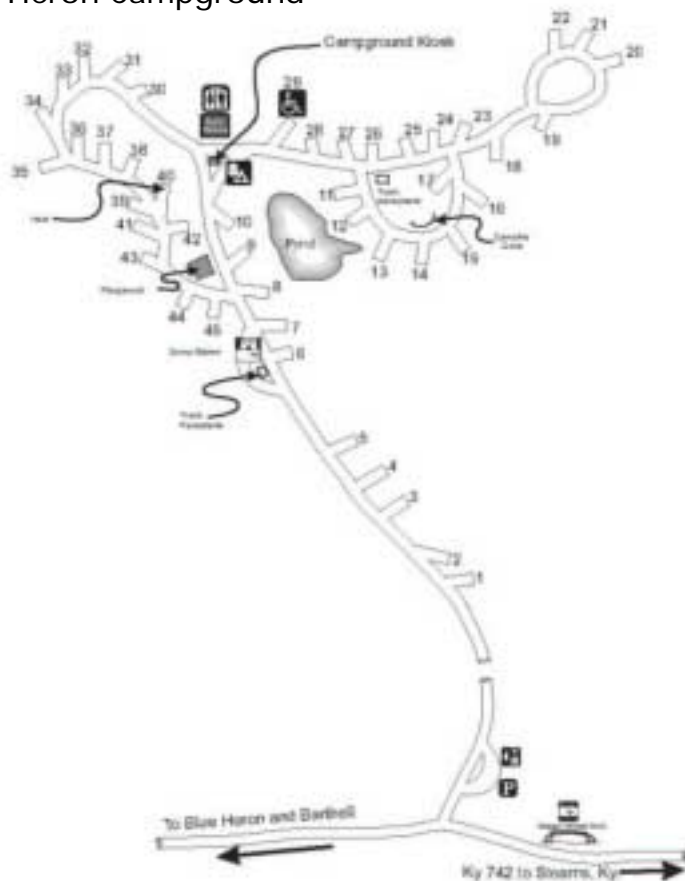
## Alum Ford

Alum Ford is a primitive campground. It offers six campsites. There are no restroom facilities or water located at this area. The fee is \$5.00 per night. For additional information call (606) 376-2611. Alum Ford also has a boat ramp. Fees for the boat area are \$3.00 per day.



Trailer camping at Bandy Creek Campground.

## Blue Heron Campground



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## General Information

### Visitor Centers

Tennessee - Bandy Creek Visitor Center  
(423) 286-7275 (PARK).  
Kentucky - Stearns Depot Visitor Center  
(606) 376-5073.  
Kentucky - Blue Heron (606) 376-3787.

### Accessibility

#### Bandy Creek Visitor Center

The visitor center and its restrooms are accessible. One or more rangers are trained, to some degree, in sign language. Large print brochures are available on request.

#### Stearns Depot Visitor Center

The visitor center and restrooms are accessible.

### Campgrounds

Bandy Creek and Blue Heron Campgrounds have designated wheelchair accessible sites for families and groups. Restroom facilities are also accessible. Water and electrical hook-ups are available at both campgrounds also. Alum Ford in Kentucky is also accessible but restrooms are primitive.

### Overlooks and River Access

East Rim and Honey Creek Overlooks in Tennessee and the Devils Jump Overlook in Kentucky are accessible to individuals with mobility impairments. Leatherwood Ford River Access offers accessible trails and restrooms.

### Blue Heron/Mine 18

The scenic train ride into Blue Heron is fully accessible. Blue Heron offers accessible restrooms and is partially accessible to individuals with mobility impairments (some steep grades and steps exist).

### Backcountry Camping

Backcountry camping is allowed in Big South Fork National River and Recreation Area. There are no designated campsites, but there are rules that tell you where you can and cannot camp. Check at the Bandy Creek or Stearns Depot Visitor Center or at Blue Heron for more information. **Backcountry permits are required** to camp in the backcountry overnight.

Permit fees are as follows:

1 to 6 people	\$5.00
7 - 12 persons	\$10.00
13 - 18 persons	\$15.00
19 - 24 persons	\$20.00
25 - 30 persons	\$25.00

A yearly permit is available for \$50.00. In addition to the visitor centers, please see the following list for authorized backcountry permit vendors. Please contact (423) 286-8368 for more information. Permits are checked by rangers and are necessary when emergencies arise should a ranger need to contact you.

### Tennessee Vendors

Big John's (Marathon Gas)	(423) 569-9004
Country Store	(423) 569-5010
Rugby Commissary	(423) 628-5166
R & M Brooks and Son	(423) 628-2533

Buckhorn's	(423) 569-9452
Stop N Go Market Elgin	(423) 627-4100
Willie Lee's General Store	(931) 879-6987
Big John's #2 (Exxon Gas)	(423) 569-6122
Express Market & Deli	(931) 879-8132
Allardt Food Mart	(931) 879-8051
T & S Grocery	(931) 879-0895
Uncle Dale's Trading Post	(423) 569-1544

### Kentucky Vendors

Fastway	(606) 376-2364
Big M's Discount	(606) 376-8500
Sheltowee Trace Outfitters	(606) 526-7238
One Stop Shell	(606) 376-9200
Roger New Grocery	(606) 376-2579
Hansford Grocery	(606) 376-5379

### River Information

The Big South Fork of the Cumberland River is a free flowing river. Sections of the river are calm enough for beginners while other parts are more challenging with exciting whitewater. Peak times for river use are in the spring and sometimes late fall or winter. There is only one commercial company which provides equipment and trips for canoeing and rafting the river. If you are planning on embarking on the river with your own equipment and expertise, please check in at the Bandy Creek Visitor Center to file a trip plan, register for overnight river trips and obtain information that will help you have a safe trip.

### Permitted Outfitters

#### Sheltowee Trace Outfitters

P.O. Box 1060  
Whitley City, Kentucky 42653  
1-800-541-RAFT  
(606) 376-5567

#### Southeast Pack Trips, Inc.

299 Dewey Burke Road  
Jamestown, Tennessee 38556  
(931) 879-2260

#### Tally Ho Stables

P.O. Box 4773  
Oneida, Tennessee 37841  
(423) 569-9472

### Safety Facts

To help you enjoy your trip to Big South Fork National River and Recreation Area, be aware of some safety precautions: (1) There are poisonous snakes (copperheads and timber rattlesnakes), ticks, chiggers, and poison ivy found in this area. Be cautious as you hike the trails or use the backcountry. Always use a flashlight when walking at night to avoid stepping on any snake. (2) Plan to leave information about your trip with someone at home. (3) Backcountry permits are required. These provide information to park rangers in case of emergencies. File a trip report with rangers at the Bandy Creek Visitor Center, Stearns Depot Visitor Center or at any of the vendors mentioned in the list above.

### Lost and Found

Lost items may be reported to rangers at the Bandy Creek or Kentucky Visitor Center or at Blue Heron Mining Community. A file will be made describing the item and where it was lost. Items that have been found should be turned in at the Bandy Creek or Stearns Depot Visitor Center or at Blue Heron.

### Concessionaires

Bandy Creek Stables - (423) 286-7433  
Big South Fork Scenic Railway - (800) GO-ALONG  
Charit Creek Lodge - (865) 429-5704  
Eastern National - (423) 286-7275  
Station Camp Equestrian Area - (423) 569-3321  
Bear Creek Equestrian Area- (423) 569-3321

### Hunting Seasons

Big South Fork National River and Recreation Area does allow hunting during regular state seasons. Check with the visitor centers or at Blue Heron for maps of the safety (no hunting) zones and regulations.

### Kentucky Big Game - Deer

Deer Archery - Zone 1-4: Third Saturday in September through third Monday in January.  
Muzzleloader - Zone 1-4: Two consecutive days beginning the the fourth Saturday in October and seven days beginning second Saturday in December.  
Modern Gun Deer - Zones 1-2: 16 consecutive days, beginning the second Saturday in November. Zones 3-4: 10 consecutive days, beginning the second Saturday in November.  
Youth Hunt - Zones 1-4: Two consecutive days beginning the third Saturday in October.  
Boar - Wild hogs may be taken during open deer season and during the extended hog season.  
For exact dates, contact Kentucky Department of Fish and Wildlife Resources, 1 Game Farm Road, Frankfort, Kentucky 40601 (502) 564-4336.

### Tennessee Big Game Hunting Seasons

Permanent Opening Dates  
Quail and Rabbit - Second Saturday in November.  
Squirrel - Fourth Saturday in August.  
Deer/Archery - Last Saturday in September.  
Deer/Gun - Saturday before Thanksgiving.  
Deer/Juvenile only - First Saturday and Sunday in November.  
Boar - Wild hogs may be taken during open deer season and during the extended hog season.  
For exact dates please contact Tennessee Wildlife Resources Agency, Region III, 216 East Penfield, Crossville, Tennessee 38555, (931) 484-9571 or 1-800-262-6704 in Tennessee.  
Check Kentucky and Tennessee hunting guides for Small Game Seasons.

### Parks on the Internet

Most National Park areas have a web page. Camping reservations for many parks may be done on line as well. To find more information about camping and park facilities, special events and programs that each National Park Service area has to offer use [www.nps.gov](http://www.nps.gov). Big South Fork National River and Recreation Area page may be directly accessed through [www.nps.gov/biso](http://www.nps.gov/biso).

Printing of this publication has been made possible by Eastern National. Digital images used in this newspaper were possible due to a grant from Kodak and the National Park Foundation who donated photographic equipment to the park.



## Spring Chores Turned Into Traditional Arts Spring Planting Day Celebration

By Sue H. Duncan, Park Ranger Interpretation

The time of the year is spring. It is a time for new beginnings and growth. Mountain families begin their planning for their crops, vegetable gardens and livestock production. This production will sustain a family through the rest of the year.

The early families who settled the Big South Fork area depended on their ability to successfully raise animals, crops and gardens to feed themselves. Most of the farming that occurred here was truly subsistence farming. The family often consumed the entire production of the garden. There was continued use of wild plant and animal foods, but the "kitchen garden" was vital to a sustainable food supply. This tradition continues with many families even today. It is not uncommon for local residents to have large gardens that provide a substantial amount of food.

Along with planning for their gardens and crops, families had a number of annual spring "chores" that were performed - spring cleaning and airing out of



Volunteers - Lucy Scanlon - herb lore (above), Joye Gowan - spinning, Sam Perry - paling fence making (left) and Peggy Sawyer - storyteller (below) at Spring Planting Day 2003.

## BIG SOUTH FORK, A SKY OBSERVER'S DELIGHT

By Paul Lewis, Astronomy Outreach University of Tennessee

Living in the city affords little opportunity for appreciating the night sky. You at least get the occasional glimpse of the planets, a few really bright meteors from time to time, certainly the moon and a few of the brighter stars that give a sneak peek at some part of a few constellation asterisms. There are many good reasons to visit the Big South Fork, but the best one I can think of is the chance to see a night sky that seems to resemble the sparkle of tiny diamonds on a black velvet cloth. The sky simply beckons us to reach for a blanket and stretch out on the ground and gaze up in wonder at the maze of stars and ask which ones have planets orbiting them. Is there life out there somewhere else gazing back at us and wondering the same thing? Which direction will the next comet come from? How many meteors will we see tonight? You might ask where could I look through a telescope and see some of the things I cannot see with the naked eye. Well, there just happens to be several opportunities for you to do just that. Check out the calendar of events on page two for this year's program dates and times. When you do come to visit, be sure to bring your binoculars. Binoculars are for more than just birding or studying the wildlife of this area during the daytime. You can open a whole new window on the universe with your binoculars. You can see clusters of stars, both open and globular, a few galaxies, our next door neighbor the moon and when Jupiter is in the sky, you can see some of its large moons. We can even see satellites, the space station and sometimes the Hubble Space Telescope. The sky is full of wonder both natural and manmade. Looking up and seeing something from your driveway at home is a challenge, most of the time. Looking up and seeing everything from the Big South Fork is a pleasant, peaceful and relaxing pastime and it is past time for you to join us and enjoy our heavenly vistas. Bring the kids, bring some snacks, bring a blanket to lie on and most of all, bring your curiosity. One thing is for sure, you will always leave wanting for more.



Mule drawn equipment is used to turn the field at the Lora Blevins home place.

the house and bed linens, repairing paling fences, livestock care and animal husbandry, mending and making clothing for the spring and summer seasons. Various crafts and forgotten arts of today were skills of yesterday - skills needed for survival in the area we now call the Big South Fork, Cumberland Mountains or Appalachia.

In celebration of these skills and traditions of spring, Big South Fork National River and Recreation Area will be hosting its Fourth Annual Spring Planting Day on Saturday, May 1, 2004. Craftspersons will be demonstrating forgotten arts such as blacksmithing, basket making, hand spinning, weaving, woodcarving, chair caning, soap making, garden herb lore and use, and paling fence making. Displays of women's life, antique farm tools, farm animals and old-timey toys will delight young and old alike. Toe-tapping tunes of mountain dulcimer music will be performed by the Knoxville Area Dulcimer Club throughout the day. Plowing and planting with mules and horses will be taking place at the Lora Blevins field. Come join in our celebration of spring and traditional mountain ways.

The event will take place from 10:00 a.m. until 4:00 p.m. Check with the Bandy Creek Visitor Center for the location and more information about this event.

# Twelfth Annual A Haunting in the "Hills" Storytelling Festival

## September 25, 2004

### Big South Fork NRRA - Bandy Creek Field

10:00 am	Folk Art Workshops and Demonstrations
1:00 pm	Family Oriented Storytelling
3:00 pm	Special Local Tellers
5:00 pm	Dulcimer Concert
6:30 pm	Blue Grass Music
8:00 pm	Ghost Stories guaranteed to thrill and chill listeners of all ages.

#### Featured Artists

Bev Twillmann	Doc McConnell	Guerry Jamison	Lloyd Wilson
Charles Maynard	Glenda Bonin	Berry Bateman	

Come join us for a full day of fun and activities.  
Free and open to the public.

For further information contact Big South Fork Visitor Center at (423) 286-7275





and moved onto tables behind which sat very young boys (before child labor laws) whose daily drudgery was to pick the slate and rock from the coal. As mining became more mechanized, so did these structures. Motors powered conveyer belts that moved the coal along onto screens with different sized holes that separated the coal according to use— for manufacturing or home heating— falling through these holes into railroad gondolas (cars) to be shipped. Some tipples had crushers to grind the larger pieces, magnets to pick out stray metal, and washers to clean the dust and impurities from the coal.

### The Blue Heron Tipple

In 1937 a “state-of-the-art” tipple was constructed for the Stearns Coal and Lumber Company of Kentucky at Blue Heron or “Mine 18.” Along with a cantilevered bridge, the total cost of construction was \$250,000. The tipple had 19 electric motors capable of processing 400 tons of coal per hour. Small gage rails from the mine carried 3-ton mine cars that opened at the bottom to dump the coal into the tipple’s hoppers, which carried the coal to a 76 foot conveyer belt, shaking it through sized screens into four coal chutes and railroad gondolas below.

Although the Blue Heron mine itself proved not as productive as anticipated, other mine openings provided coal to be processed. The tipple was at its busiest during World War II after Barthell’s tipple burned in 1943. Coal continued to be processed at Blue Heron until the early 1960’s when the operation ceased.

Today visitors to the Blue Heron Coal Mining Community can view the restored tipple (sans machinery) up close and walk across the cantilevered bridge as did the miners of long ago. You can drive to Blue Heron Mining Community or take the Scenic Railway from Stearns, Kentucky, to the site.

## Some "Tips" About Tipples

By Lynn Thornton, Interpretive Park Guide

### What is a Tipple?

This tipple is not a verb and it has nothing to do with alcohol. This particular term applies to coal mining and refers to the plant that prepared coal for the market after it came out of the mine.

The word came into use in reference to coal mining in the 19<sup>th</sup> century to describe the structure where large buckets of coal were “tipped” onto chutes

## Volunteers in Parks

By Sue H. Duncan, Park Ranger Interpretation and Volunteer Coordinator



Throughout the National Park Service there are a number of people who are devoted to making your park visit enjoyable and safe. Permanent and temporary employees work in various capacities such as: Administration, Resource Management, Visitor Protection, Maintenance and Visitor Services and Education. You may see any of these employees on your visit to the park in the visitor centers, campgrounds, and backcountry or along the trails. But what about the other people who volunteer their time and skills to make the park a better place for you too?

Volunteers-In-Parks are people of all ages who spend anywhere from a few hours per week to several months working for the park. There are people who serve as campground hosts, evening program presenters, special events demonstrators, visitor center information providers, maintenance and trail workers, resource management assistants, search and rescue team members and much more. Volunteers are relied on heavily to fill in gaps where regular employees cannot. They often have the time to do tasks that are in many instances left unattended or not completed by our regular staff. Volunteers may have talents and skills that are utilized during special events. They provide interpretive programs and demonstrations that are interesting to visitors. A large number of volunteers work with trail maintenance crews clearing trees and brush from paths improving conditions for visitor use. There are even a number of volunteer groups that have adopted trails within the park and are responsible for working on that same trail throughout the year.

If you have a special interest or skill that you want to share and would like to participate in the Volunteer-In-Parks program, please write or e-mail: Sue H. Duncan, Volunteer Coordinator, Big South Fork National River and Recreation Area, 4564 Leatherwood Road, Oneida, Tennessee 37841, e-mail: Sue\_Duncan@nps.gov or call for more information (423) 286-7275. We will be happy to send you an application and give you the opportunity to join our team of Volunteers-In-Parks. Check out our special events made possible because of our volunteers on page 6.

## Leave Nothing But Hoofprints How To Minimize Impacts on Horseback

By Howard Ray Duncan,  
Park Ranger Interpretation



No question about it, a day in the woods on horseback is a great pleasure. Spending a day or even a few hours with a good horse and good friends is a wonderful experience. However, horses do have an impact on the land. By consideration and forethought the rider can help minimize the impact their mounts have upon the trails and landscape. A little attention to preserving the land can make riding more enjoyable for all. Following are some suggestions for minimizing impact on the land we ride through.

Riders should stay on designated trails.  
Do not ride on trails not designated for equestrian use. Trails not designed for horse use can be heavily damaged by even one trip through by horses.  
Don't be tempted to cut across switchbacks as severe erosion will result.  
Use provided hitch rails. Do not tie horses to trees.  
Keep group size small.  
Do not litter. If you pack it in, you can pack it out.  
Be considerate of other riders when meeting on trails.  
Consider riding during dryer seasons.  
Time your trip to coincide with periods of low use. You may find that you have the trail all to your self.  
Train your horse to go through muddy areas, not around them. Riding around muddy areas only widens them, creating greater impact.  
Ride directly across streams when you must ford. Only cross at designated fording areas. Big South Fork River crossings are marked with orange flags.  
If backcountry camping with horses, scatter manure well away from your campsite and well away from streams.  
Consider volunteering to maintain your favorite trail or adopt a trail in need.



# Go Take A Hike... On A Trail Less Traveled

By Kevin Moses, Protection Ranger

The enchanted landscape of Big South Fork National River and Recreation Area is widely renowned for its hundreds of miles of trails, many of which lead to towering river overlooks, impressive geologic features, secret fishing holes, shady forest glens, cascading waterfalls, and open fields strewn with wildflowers. Several of these destinations, such as Twin Arches, Split Bow Arch, Angel Falls Overlook, and Yahoo Falls, are known to many as “must see” areas, and rightfully so as they are indeed magnificent. But so much more remains of Big South Fork, much of it unknown and just waiting to be discovered. For each of the areas mentioned above, there exist dozens of other equally inviting places in the park. Some are so secluded they are viewed only by the eyes of those who accidentally stumble upon them. Others, though, are easy to find, and many are even identified on park maps.



My personal favorite is the 5.8 mile Honey Creek Loop, which circumnavigates one of the more unspoiled corridors of the park, the Honey Creek Pocket Wilderness near Rugby. For the soul who ventures into this hidden little Shangri-La, countless rewards await including mammoth size cliffs, jumbled boulders forcing hikers to crawl on their bellies, an overlook encompassing both up and downstream views of the river, sections of trail where the trail tread is the creek bed itself, and no less than a half dozen waterfalls. (Please note that this trail can be difficult to impassable immediately following heavy rainfall or during extreme cold when water on rocks and the trail turns to ice.)

Another terrific half-day hike, also near Rugby, is the 4.3 mile Burnt Mill Bridge Loop, three-quarters of which follows the free-flowing Class II Clear Fork River. This loop, too, takes the wanderer along a path that often parallels the base of cliff lines that rise abruptly 100 feet or more into the yawning expanse of sky. Another option here is to engage in a full day or overnight outing by tying the Burnt Mill Bridge and Honey Creek Loops together via a 5 mile stretch of the John Muir Trail for a total of about 15 miles of glorious woodland trekking.

Near the west entrance of the park on Hwy 297 is Cumberland Valley Trailhead. From here, the Gernt Trail meanders about 3.5 miles to Laurel Fork Overlook, which provides the adventurer with a breathtaking view of not only the Laurel Fork Gorge, a tributary of North White Oak Creek, but also of the massive bluffs jutting sharply 80 feet above the slopes. Hikers embarking on this journey should know that the first 3.3 miles of the trail is a multiple use route. It is open to mountain bikes, horses, ATVs and four-wheel-drive vehicles as well.

Divide Road on the western boundary of the park offers visitors two loop trails and an out and back hike, each of which will test their muscles and stir their souls. The 3.5 mile Middle Creek Loop Trail winds first along the rim of 100 foot bluffs, and then, drops swiftly below, along the base of those same bluffs, now traveling in the shelter of their shadow. This trail, though engaging, is rarely crowded, and provides a welcome escape from the hectic demands of every day life.



Above: Laurel Fork of North White Oak Creek Overlook.

Nearby is the Slave Falls Loop Trail, also about three and a half miles long. Again, this loop guides the hiker along impressive cliff bands, but throws in as a bonus the free falling Slave Falls, which, especially after a hard rain, plummets 60 feet in a thundering din. Standing anywhere near this truly awesome falls while it roars over its lip of rim rock will prove to be an inspiring experience as the veil of falls creates an almost deafening echo of its full force slamming home into the rocks below. In such places it is easy to find one feeling dwarfed by the power of moving water fully unleashed. Please do not be tempted to wander past the barricades down unto the boulder field of slippery rocks below the falls. While this looks inviting, this area provides a fragile habitat for some botanical species. The slippery rocks are dangerous as well and you could fall and injure yourself. Be always mindful to keep safe and protect the environment.

A little further north, at the terminus of Terry Cemetery Road, hikers will find Terry Cemetery Trailhead, which provides the starting point for the two mile out and back trek to Maude's Crack. After winding through a peaceful woods for a mile along an old road, hikers will find themselves standing atop Maude's Crack Overlook, a small platform of naked rock that drops an abrupt 90 feet at its edge. Looking north, hikers can see past Burke Knob, into the valley of No Business Creek, and along the seemingly unending cliff bands that skirt the valley.



Above: Slave Falls.

Immediately behind the overlook, Maude's Crack itself beckons. Not since exploring the nooks and crannies of a favorite state park back home as a young boy have I felt so compelled to press forward and discover what lies ahead. Like me, hikers will be lured into the crack, finding it useless to resist. One cannot look down into the crack without simply having to continue forward...to answer the question, “What waits around the bend?” Go there! Descend into the depths of the crack, and see for yourselves the strange and alluring power of this magical place. Be ever so careful while traveling here however, some of the crack's residents may want to surprise you. Rattlesnakes and copperheads have been seen in this area. The rocks are quite slippery too. Watch where you put your feet.

North, in the Kentucky District of the park, more hidden secrets await to be discovered. Among these are several lengthy sections of two of the park's long distance trails: the Kentucky Trail and the Sheltowee Trace National Recreation Trail. Each of these offer hikers opportunities to pass through an enchanted land strewn with boulders, crisscrossed by tumbling waters, and rich in spectacular views.

One of the Kentucky District's most notable destinations, though, is Cracks-in-the-Rock, located along the 6.4 mile Blue Heron Loop Trail. Similar to Maude's Crack, Cracks-in-the-Rock calls to the intrepid soul like Ulysses' Sirens, making it nearly impossible to not explore the hinterlands of this little jewel of an area. Towering cliffs, boulder piles, darkened crawl spaces, and tunnel-like passageways all call the hiker to experience the backcountry of Big South Fork up close and personal.

Whether you go on a one-mile jaunt to a handy overlook, or embark on a multi-day backpacking trip to the nether regions, please keep several things in mind. It's okay to travel off designated trails, but this type of travel can be hazardous. Use caution at overlooks, on slippery boulder fields and rocks, while crossing streams, and anywhere else in the backcountry. Carry essential equipment with you and know how to use it, such as map and compass, shelter and extra clothing, food and water, first aid kit, light sources, fire making material, and insect repellent. Remember that all natural objects and wildlife in the park are protected and it is strictly prohibited to disturb in any way prehistoric features such as rock shelters and items found within them. Respect the right of other user groups in the park. Some trails are multiple use and open to horses, mountain bikes, ATV and four-wheel drive vehicles. If you are traveling with a dog, make sure that it is on a leash for the safety of the dog and other park users. Lastly, secure a required backcountry camping permit for overnight trips, and practice Leave No Trace etiquette throughout your journey. Follow the park's informational guide to backcountry use and camping.

Regardless of which adventure you choose, you will return home richer for the experience. Big South Fork is a magnificent landscape, no matter how one chooses to see it. But to see it on foot; to carry a pack and sweat; to soak sore feet in a cold running stream; to stand at the brink of a hundred foot drop off overlooking a never-ending sea of trees with a river running through it...now that's seeing and feeling Big South Fork for what it really is: A national treasure by any measure.



# Elk - The Four-Footed Bugler

By Sherry Fritschi, Park Ranger Interpretation

The typical visitor to Big South Fork has two feet and wears a hat. He or she might carry a camera, water bottle, compass, map, binoculars and a lot of other stuff necessary for an outdoor adventure.

Occasionally, a lone visitor wanders into the park looking for food, water or companionship. An instinctive ancient memory might be leading him to a clearing where his kind gathered, long before we two-legged strangers appeared. This visitor has four hooves and wears nothing but the hide on his back and a rack of antlers on his head. He proudly bugles and struts his stuff to attract and communicate with other elk.

Before European settlement, elk populations were widespread throughout North America. Various Native American tribes hunted elk for meat and hides. Skilled hands turned bones and antlers into tools. The Shawnee called the animal Wapiti, which means "white rump".

By the early 1800s, elk had disappeared from most of the country, including the Cumberland Plateau. Thanks to the efforts of conservationists, these magnificent animals have been reintroduced to Kentucky and Tennessee. Although elk were not released within the park, they are free to roam and some have made their way here. Occasionally, a park visitor will report having seen one.

From a distance, an elk can be mistaken for a deer. A six month old elk calf and an adult white-tail doe are about the same size. An excited hunter might shoot an elk for a deer if he's not careful. The underside of a white-tail deer's tail is white as the name implies. A shorter tail and a white rump indicate an elk.

Full grown elk and deer are much easier to tell apart. A mature elk weighs 500 pounds or more, whereas a deer weighs up to 250 pounds. Antlers on an elk sweep back, deer antlers bend forward.

Chances are you've come to Big South Fork to get away from it all. You can be in the woods all day and see very few people. If I were an elk, I might be here for the same reason. Walk quietly through the fields and forests. There's no telling what you might encounter.

## Cumberland Falls Niagara of the South

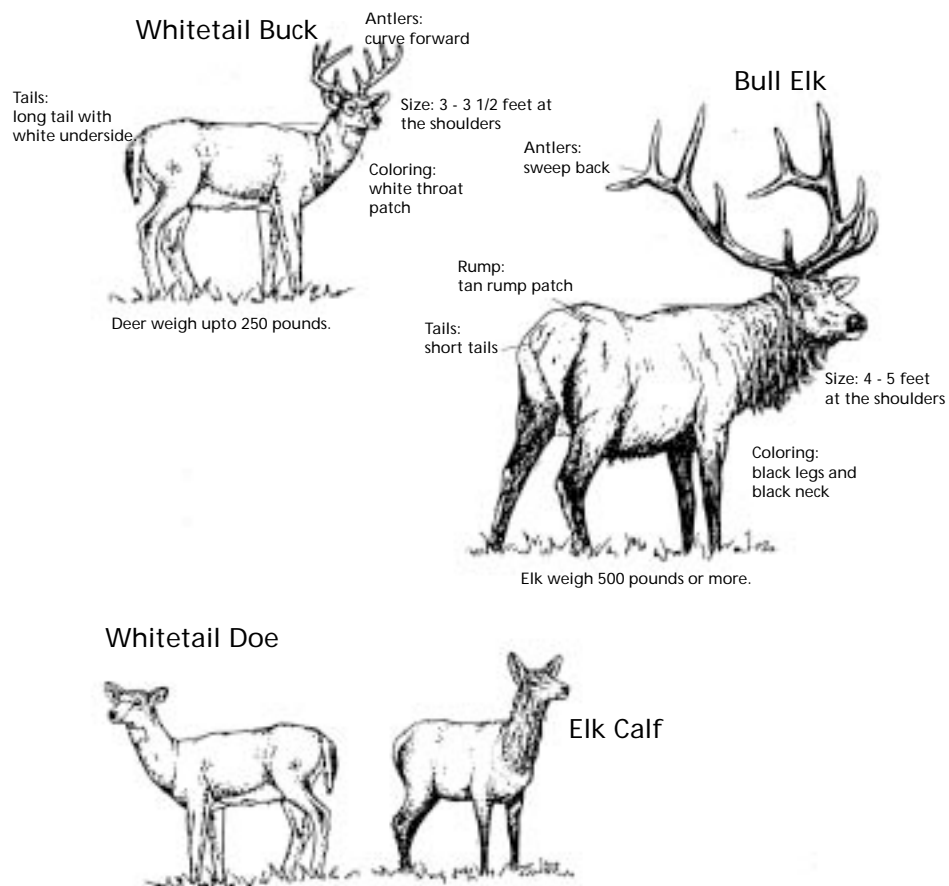
By Brett Smitley, Park Ranger Cumberland Falls

The "Niagara of the South" is often used to describe Cumberland Falls State Resort Park. Imagine the breathtaking beauty of a waterfall plunging 60 foot into a boulder strewn gorge. The mist rising from the base of the falls creates the magic of a moonbow, a phenomena only visible at a few places in the world. A moonbow is a rainbow created by moonlight refracted in water droplets coming from the falls. On a clear night a moonbow can be seen about two nights before a full moon until about two days after.

The park is a nature lovers retreat with about 20 miles of hiking trails to explore. Eagle Falls Trail is our hikers' favorite, which treks through the Cumberland Falls Nature Preserve. At the end of your journey you will be renewed by the sight of Eagle Falls. A stop by the Cumberland Falls Visitor Center will enlighten the visitor about the geology, history, trail system and recreation opportunities of the park.

Guests can stay in the historic Dupont Lodge built of native sandstone and hemlock beams. Fifty-two rooms offer beautiful views and full amenities. The lodge dining room has beautiful views of the Cumberland River Gorge. The dining room serves Kentucky cuisine for breakfast, lunch, and dinner daily. For the vacationer who prefers all the comforts of home, choose one of our 24 cottages. The one and two bedroom

## Similarities and Differences Between Elk and Whitetailed Deer



1. Elk usually give birth to just a single calf. Deer often give birth to twins.
2. At birth, an elk calf weighs anywhere from 19 to 45 pounds. A whitetail deer fawn usually weighs 4 to 6 pounds at birth.
3. Both elk calves and whitetail fawns are spotted for the first few months of life.
4. Don't always depend on size to differentiate between elk and deer. A five to six month old elk calf will be the same size as an adult whitetail doe.

cottages feature stone fireplaces and private views into the woodlands. Tableware, cooking utensils and linens are provided. For the traveler who prefers to sleep in a tent or RV, enjoy the outdoors in our 50-site campground, featuring electric and water hookups. Kentucky handmade crafts can be purchased at the park gift shop located near the falls.

Outdoor recreation opportunities abound, such as canoeing and whitewater rafting with Sheltolee Trace Outfitters (1-800-541-RAFT). Cool off on a hot summer day with a dip in our Olympic size pool. Guided horse back trail rides are available daily from Memorial Day through Labor Day. If fishing is more your style, the Cumberland River is home for bass, catfish, and panfish such as crappie or bluegill.

Park guests can also enjoy year around interpretive programs focusing on the cultural and natural history of the park. During the summer months recreation programs are planned daily. Folk dancing has been a long standing tradition at Cumberland Falls. Line, folk, and square dancing is taught several nights a week from Memorial Day through Labor Day. Many other diverse activities are conducted such as crafts, games, outdoor skills and guided walks. Several special events are planned through out the year. For special event and moonbow dates please contact our Visitor Center by calling (606) 528-4121.

Cumberland Falls has been a resort since the 1870's. The affluent traveled to Cumberland Falls by horse and wagon to reach the old inn that used to sit above the falls. For over 100 years, vacationers to honeymooners have traveled to enjoy the park's beauty. Your trip to eastern Kentucky would not be complete without a visit to Cumberland Falls.



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# Partnerships Help Protect the Big South Fork Watershed

By Christopher J. Stubbs, Community Planner

## *What is a watershed?*

Imagine a raindrop falling on the roof of your house. A drop that falls on the front of the roof eventually goes down the downspout on the front of the house; likewise, rain falling on the back of the roof goes down the back downspout. You can think of rivers and watersheds in the same way: the downspout symbolizes a stream or river, and the area of your roof that feeds to that downspout is a watershed.

The dictionary defines “watershed” as a “region or area draining ultimately to a particular watercourse or body of water.” The watershed of the Big South Fork of the Cumberland River (Big South Fork) is a 1,123 square-mile area stretching from the Yamacraw, Kentucky, vicinity – where the river meets Lake Cumberland – south to near Smoky Junction, Tennessee. Big South Fork National River and Recreation Area comprises about 17% of this area.

## *What makes the Big South Fork watershed special?*

In the 1974 law that created the park, Congress said that the Big South Fork and major portions of its tributaries would forever be protected as natural and free-flowing. In other words, the river will be free of dams, impoundments, and withdrawals, and no water resources project will be authorized that will have an adverse effect on the river. Congress also charged the National Park Service to work with the states and other agencies to develop programs that will “protect and enhance” water quality within the park.

The Big South Fork provides some of the most stunning scenery, offers some of the best recreation, and houses some of the most unique fauna in the country, as well as providing drinking water to thousands of people. Park visitors travel hundreds of miles to float and paddle the river, fish the bountiful waters, hike and ride the nearby trails, and marvel at the splendor of the deep gorge. The river harbors more endangered aquatic species than almost any other national park in the United States. In addition, the Cumberland Lake portion of the park (outside the area protected from withdrawals) provides the drinking water source for the residents and businesses of McCreary County, Kentucky.

## *Why is the Big South Fork watershed difficult to protect?*

Many units of the national park system protect the headwaters and upper portions of their watersheds and hence do not face outside threats to their

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## Freshwater Mussels in the Big South Fork

Adapted from an article in the Knoxville News Sentinel  
by Morgan Simmons.

They are Tennessee’s version of the California condor or the cactus pygmy owl, only not as charismatic or cute. Freshwater mussels are the most threatened and rapidly declining faunal group in the United States, and Tennessee lies at the epicenter of their range. Of the 297 mussels known to occur in U.S. waters, over 90 percent live in the Southeast.



Currently, nearly 25 percent of the Southeast’s mussels are federally listed as threatened or endangered, and about 12 percent already are extinct. Steve Ahlstedt, aquatic biologist with the U.S. Geological Survey in Knoxville, said no other group of animals approaches this level of imperilment. “You don’t see mussels unless you look for them, but they’re tied to an intricate web of water quality,” Ahlstedt said. “They’re indicator species. They tell us when things are fairly good and when something is wrong.”

One of the most important freshwater mussel sanctuaries in the region is the Big South Fork National River and Recreation Area. The park protects 90 miles of the Big South Fork of the Cumberland River and its tributaries, and harbors more federally listed endangered aquatic species than almost any national park in the United States. State and federal wildlife officials are about to embark on a groundbreaking project to restore the park’s mussel population. With help from a mussel hatchery at Virginia Tech, biologists will soon be raising and releasing freshwater mussels that have either declined in the Big South Fork or completely disappeared.

Currently, 26 mussel species occur in the Big South Fork, and six of those are federally protected. Those six are the Cumberland elktoe, Cumberlandian

water quality or quantity – the impacts to the streams and rivers occur *downstream* from the park. Big South Fork National River and Recreation Area, however, protects the lower 17% of the watershed. Impacts to the watershed occur *upstream* and can then affect the water quality and quantity in the park. Development, municipal withdrawals, agricultural and urban runoff, logging, and siltation from dirt roads all can impact park waters. In addition, the Big South Fork watershed lies in an area that is rich in coal and oil and gas resources. Impacts from mining these minerals affect the river.

## *What is being done to protect the watershed?*

The single most important aspect of protecting the Big South Fork is fostering partnerships for watershed protection. Because so much of the watershed lies outside and upstream of the park, the National Park Service cannot protect the river without the help and cooperation of others.

For example, the Tennessee Valley Authority (TVA) has stated its intention to mine up to 82 million tons of coal from the Koppers Coal Reserve, at the headwaters of the New River drainage within the Big South Fork watershed. The National Park Service is cooperating with TVA and other agencies to help prevent coal mining from harming water quality. Another example is the work being conducted through the VISTA/Americorps program to develop citizen-based watershed protection in the local area. National Park Service staff is working closely with VISTA/Americorps volunteers to ensure the success of the program.

The National Park Service is also working with local communities to develop alternatives for water supply. For instance, we are promoting the idea of developing a raw water pipeline from Dale Hollow Lake to Fentress County, Tennessee, instead of building a dam in the Big South Fork watershed. We are also supporting local communities’ grant applications for cleanups of industrial waste and hazardous materials sites within the watershed.

Partnerships and cooperation are the key to clean and plentiful water in the river. With the help of local communities, citizens, companies, and developers, we can protect and enhance the Big South Fork watershed.

combshell, Cumberland bean pearlymussel, oyster mussel, tan riffleshell, and the little-wing pearlymussel. Ahlstedt said the project’s ultimate goal is to get the park’s mussels off the endangered species list. “Historically, Big South Fork had as many as 70 mussel species,” he said. “If we could even come close to restoring that many, I’d be tickled to death. But that’s probably two lifetimes worth of work.” While the mussel decline in the Big South Fork has been considerable, recent surveys indicate the river is slowly recovering from past pollution sources such as coal mining and timber harvesting.



Biologists spent two years testing the techniques that will be used to propagate and release rare mussels in the Big South Fork. Biologists hope to release a round of juvenile mussels into the Big South Fork as early as this summer. One of the main goals is to expand the mussels’ range throughout the park so the population as a whole is less vulnerable.

With over 180 miles of horse trails, the Big South Fork attracts more horseback riders than any national park in the country. Three years ago the park service placed flags across the main river crossings at Station Camp and Big Island to keep horses from walking across the mussel beds.

National Park Service Biologist Steve Bakaletz said the damage done to mussels by horseback riders is minor compared to outside pollution threats. “Yes, horses may crush some mussels, but they’re not interfering with reproduction,” Bakaletz said. “Recreation is part of our business, and it’s our job to do it right. We can be the number one destination for horseback riders. We just have to make sure the environment doesn’t get harmed.”



# Hey Kids, Become A Junior Ranger! Have Fun With Your Parents. Learn Something New!

By Brenda Deaver, Interpretive Park Guide



In order to become a Junior Ranger it is important for you to learn about the Big South Fork River and Recreation Area. Then, you can help park rangers teach others how to be safe, enjoy the park, and protect it from harm.

After you complete the activities, go to the Bandy Creek or Stearns Visitor Center where a park ranger will ask you some questions and award you the Junior Ranger Badge.

## Where is the Big South Fork?

At a visitor center, ask for a **park map**. You only need one for your whole group or family. Use the Eastern National cancellation stamp to print the date of your visit on the map. Let the ink dry before you fold the map. Looking at the map, take turns and see if you can find each of these things.

- **The line that shows the boundary between the states of Tennessee and Kentucky.** Most of the park is in which state?
- **The dark green line that shows the shape of the park.** When all the land inside the park boundary is purchased, the park will be about 125,000 acres.
- **The Big South Fork River.** Can you find the names of the two rivers that come together to make the Big South Fork River? What clues can you find that tell you the river flows north?
- **The names of two rapids in the river.** Why should you never walk out onto the rocks around a rapid or swim near one? Never wade or swim in the river without an adult with you. Always wear a life jacket. There are no lifeguards.
- **A highway bridge across the river.** How did people cross the river before there were bridges?
- **Stearns Depot Visitor Center.** Did you know that this Visitor Center recently moved into the Scenic Railway train depot? Use your finger to follow the train tracks from the depot down to the mining community of Blue Heron.
- **The Bandy Creek Visitor Center.** What kinds of information can you find there? Do you have a question that you would like to ask a park ranger?
- **The symbol for a campground.** What does the symbol look like? What is the name of a campground in Kentucky? Of one in Tennessee?

Decide which places in the park you would like to see and what activities you will have time to do. Ask a park ranger if you need suggestions.

## Help A Park Ranger!

### Obey the Rules. Be Wood-Wise and Safe.

Read each of these situations and take turns telling what you would do. Vote on the best answer. If you can't decide, ask a park ranger.

- You are walking down a trail and you see a **snake**. You should:
- You see a **beautiful flower** that no one can identify. You may:
- You are walking through a field and find a **baby deer or fawn** in the grass. You can't see the mother anywhere. You should:
- You want to build a **campfire** to roast marshmallows. What are the legal ways you can get wood?
- You are picnicking and see a **skunk** walking toward you. What should you do? Ask a ranger the proper way to store your food in the campground or in the backcountry.
- You are hiking in the woods and see a **bear**. What are some things that you can do to keep you and the bear safe? Report all bear sightings to a ranger.
- You are walking down a trail and see where others have "short-cut" the trail. How does this hurt the trail?

- You are planning a **day hike**. Take turns naming all of the things that you should take with you and how they might help keep you safe. As soon as you can, put together daypacks for each person.
- You are buying a **jacket** to wear hiking. What color would you buy? Would you get one with a hood? Explain your choices to the others. If you think someone made a bad choice, explain why you would choose something different.
- **Make a plan.** You are going hiking or biking. Why should you never go alone? What information should you give to an adult in your group before you leave? **Make a shoe print** of the shoes you will be wearing. Fold a towel into fourths. Lay a piece of aluminum foil on top of the towel. Step solidly on the foil with one foot. When you lift your foot, you should have an imprint of your shoe that trackers could use to help find you.
- If you get lost, why should you "**Hug A Tree**?" Do trees move around or stay in one place? Why is it better to blow a whistle instead of yelling for help?

## Scavenger Hunt

See how many of the following things your group can locate. Remember, never take or disturb any plant, animal, land, geological formation, historic site or artifact. You might want to keep a record by taking pictures or just put a check mark by the things you see. You may need to make several visits to the park to find everything on the list. Good Luck!

- Three different kinds of leaves on a single sassafras tree
- Archeological artifacts displayed in a glass case
- Lump of coal
- Old log cabin (Which farm?)
- Live wild animal (Kind?)
- Fresh animal track
- Scat or an owl pellet
- Sandstone bluff (Color?)
- Small creek
- Wildflower (Name?)
- Protected river overlook (Name?)
- Chewed beaver stick
- Park Ranger (Name?)
- Evergreen tree (What kind?)
- Umbrella magnolia leaf
- Rock shelter
- Arch (Name?)
- Coal tipple
- Picnic table
- Canoe or kayak
- Horse
- Insect (Name?)
- Turkey buzzard
- Black bear display
- Bridge (Name?)



## Attend a Ranger-Led Program

From Memorial Day weekend through Labor Day weekend, park rangers provide fun and educational programs or hikes. Look at the bulletin boards in the campground or ask at the visitor center for the name of program, time and location. There are programs at both Bandy Creek and Blue Heron.

If you could give a program, what would you talk about?

## Have A Wonderful Time at the Big South Fork. Be Safe and Come Back Soon!



## Discover Historic Rugby At the Big South Fork Southern Boundary

Historic Rugby is a non-profit museum and historic site founded in 1966 to carry out the restoration, preservation and interpretation of one of the south's most intriguing historic places.

Guided interpretive tours of the public buildings are conducted daily except on Thanksgiving Day, Christmas Eve, Christmas Day and New Year's Day. Many special events, crafts workshops and other educational programs are presented year-round. The Rugby colony was established in 1880 by famous British author and social reformer Thomas Hughes as a social and agricultural Utopia. Twenty historic buildings remain today. The entire Rugby village was named to the National Register of Historic Places in 1972.

Historic Rugby is in an area of exceptional natural beauty, 16 miles from Jamestown, 24 miles from Oneida, directly adjacent to Big South Fork National River and Recreation Area.

### Historic Rugby 2004 Calendar of Events

#### 30th Annual Festival of British and Appalachian Culture

Saturday & Sunday, May 22 and May 23

With Continuous British Isles & Appalachian Music & Dancing...  
Traditional Arts & Crafts Folk Demonstrating & Selling Their Work...  
Storytelling Stage....Historic Building Tours... Delicious Food  
Event \$8.00 Adults, \$4.00 Students, Members & Preschoolers Free

#### Halloween Ghostly Gathering

Saturday, October 23 and

Friday & Saturday, October 29 and 30

A Calling of the Spirits From Rugby's Past &

A Look at How Halloween Came to Be

Chili & Cornbread Dinner...Candle & Lantern Lit Tours...Storytelling

Limit 100 Each Night: Adults \$18;

Grade and High School Students (6 & Above Only) \$8.

Advance Reservations Required

#### Thanksgiving Marketplace

Friday, November 26

Start or Finish Your Christmas Shopping at the Rugby Commissary

Demonstrating Craftspeople...Tours of Historic Buildings

Victorian Cream Tea at 1880 Newbury House B & B

Delicious Meals at the Harrow Road Cafe

Advance Reservations Required for Cream Tea - \$10.00

#### Christmas at Historic Rugby

Saturday, December 4 & Saturday, December 11

Visit Beautifully Decorated & Lamp Lit Historic Buildings

To Bring an Old Fashioned Christmas Alive

Enjoy Classical Music & Actors Portraying Early Rugby Colonists

Join in an Old Fashioned Carol Singing w/Hot Wassail

Lessons & Carols Service at Christ Church Episcopal...

Christmas Treasure Shopping

Sumptuous Four Course Victorian Dinner at the Harrow Road Cafe

Event \$6.00 Members, \$9.00 Adults, \$4 Students - Four Course Dinner \$29

Advance Reservations Required

Call Historic Rugby toll-free at 1-888-214-3400

or (423) 628-2441

For Reservations & Lodging

Email: [rugbytn@highland.net](mailto:rugbytn@highland.net)

Website: [www.historicrugby.org](http://www.historicrugby.org)



## Friends of the Big South Fork NRRRA

Since its conception in 1974, the Big South Fork National River & Recreation Area has become a premier destination area for outdoor recreation in the southeast. Unfortunately, increased visitation coupled with budget constraints is placing a strain on the already limited resources of the National Park Service.

The Friends of The Big South Fork is a nonprofit group of interested citizens, formed to support and promote the Big South Fork National River & Recreation Area by raising funds to preserve, restore, and enhance the park's natural and cultural resources, to provide improved services and facilities for visitors, to increase public awareness and support of the park, and to enhance educational and interpretive activities which increases public appreciation and understanding of the park.

#### New Tennessee Special License Plate

Our greatest need this year is establishing the Big South Fork state license plate. In August of 2003, we officially kicked off our license plate program as Ambassador Howard Baker hosted a BBQ gathering at his home in Huntsville. Since then, many of you have embraced this program in helping establish the 1000 plates that must be sold to become an official license plate. This project is not completed, and we need your help by purchasing a license plate for your vehicle today. Did you know that for only \$35 you can show your support and know that the proceeds will be used for much needed projects in the park? Better yet, the license plate program once established will provide a long term residual income for the park. Sign up today and make a difference.



#### Schedule for 2004

May 1- Informational Booth at Spring Planting Day Festival.

May 22-River cleanup day from 9:00 a.m. - 1:00 p.m. Registration deadline for the event is May 1.

June 12-Friends will be teaming up with the Scott County Chamber of Commerce to refurbish the Leatherwood Pavilion.

September 25 - Haunting in the Hills Storytelling Festival - The Friends will again help sponsor the biggest park event of the year.

#### Projects for 2004

Finalize license plate project, 1000 license plates sold before June 30 cut off date that will generate long term residual income for The Friends of The Big South Fork.

Three donation structures will be placed at Bandy Creek Stables, Station Camp Stables, and Blue Heron.

A new web site is to be completed in August 2004 for the Friends.

Funding for the Big South Fork horse program is needed. Two park horses were retired this past year, and the horse program was not continued due to budget constraints.

Big South Fork Country, the popular book of photography and great Appalachian history, authored by Ambassador Howard Baker & John Netherton, is to be reprinted with Ambassador Baker donating proceeds to benefit the park.

Jim Gray, well renowned artist and supporter of The Friends of The Big South Fork and park, will be producing a unique print of the Big South Fork to benefit the Friends.

The Big South Fork Friends will be hiring a full time director who will secure long term success of this group & pursue tourism opportunities.

Do you or your organization want to get involved with any of these projects? Please contact us and we will be glad to let you know how you can make a difference in the Big South Fork. Our address is: Friends of the Big South Fork, P.O. Box 5407, Oneida, Tennessee 37841, phone (423) 569-5903.

#### Yes! I want to be a Friend of the Big South Fork.

Enclosed is my gift of:

- |                                  |                     |
|----------------------------------|---------------------|
| <input type="checkbox"/> \$1,000 | Yahoo Falls Friend  |
| <input type="checkbox"/> \$500   | Honey Creek Friend  |
| <input type="checkbox"/> \$250   | Station Camp Friend |
| <input type="checkbox"/> \$100   | Angel Falls Friend  |
| <input type="checkbox"/> \$50    | Blue Heron Friend   |
| <input type="checkbox"/> \$25    | Bandy Creek Friend  |

