



# Carter Caves State Resort Park

January 29-31, 2010

[WWW.WINTERADVENTUREWEEKEND.COM](http://WWW.WINTERADVENTUREWEEKEND.COM)

## WELCOME TO WINTER ADVENTURE WEEKEND

Carter Caves Winter Adventure Weekend will provide activities and workshops for anyone interested in the outdoors, whether you are a beginner or advanced winter adventurer there is something for you. You will experience the great outdoors in programs, including but not limited to, adventure workshops, hiking, rappelling, canoeing, or enjoying a commercial cave tour. All field trips and instructional workshops are led by experienced guides who know a great deal about outdoor adventure activities.

The Crawlathon will not be offered in 2010 because of the continued threat of the spread of White Nose Syndrome. We are offering the Winter Adventure Weekend in its place and hope the weekend is of interest to you. We thank you for your continued support and hope to see you at the event in January of 2010.

## HOW TO REGISTER

REGISTER AT [WWW.WINTERADVENTUREWEEKEND.COM](http://WWW.WINTERADVENTUREWEEKEND.COM)

A **non-refundable** registration fee of **\$25 per adult (13yrs & up)** and **\$20 per child (6-12yrs)**, will be required of all participants. Included in the registration fee is access to evening programs, workshops, and field trips.

- You must be 6yrs or older to participate.
- You can register for up to 3 trips on Saturday and 1 trip on Sunday.
- Beware of conflicting trip times for you may miss your other scheduled trips.
- You must complete a Waiver of Liability form and bring it to Winter Adventure Weekend.

**ONLINE REGISTRATION (ONLY METHOD)** -This year we are pleased to be offering online registration at [www.winteradventureweekend.com](http://www.winteradventureweekend.com) Online registration is fast easy and secure! You can choose & confirm your trips at the time you register online. You must pay with a credit card during the online registration process.

## TRIP LEVEL DESCRIPTIONS

**All the trips offered are set at different levels of difficulty. All outdoor field trips require you to dress appropriately for the weather conditions. You will find information on how to dress for cold weather adventure trips in this publication. The trip level descriptions are as follows.**

**LEVEL 1:** These trips are the least strenuous trips offered. Many of these trips will expose you to winter weather conditions. So dressing appropriately is still required.

**LEVEL 2:** These trips can expose you to the weather elements for a longer period of time. They are more strenuous and require more physical ability than level 1 trips. These trips may last up to 3 hours in length.

**LEVEL 3:** These trips will offer prolonged hiking and exposure to the weather. These trips take you off designated hiking trails into more difficult and rough terrain. Trips can last up to 7 hours in length. **15 year old minimum** .

**LEVEL 4:** These trips involve **SPECIAL SKILLS** which you will need to know before hand. Some of these trips require specific personal equipment (see individual trip descriptions for details). **15 year old minimum** .



Carter Caves State Resort Park  
344 Caveland Drive  
Olive Hill KY 41164  
[www.parks.ky.gov](http://www.parks.ky.gov)



# EQUIPMENT REQUIREMENTS

(SOME TRIPS REQUIRE SPECIFIC EQUIPMENT THAT WILL BE LISTED IN INDIVIDUAL TRIP DESCRIPTIONS!)

On most trips during the weekend you will be exposed to possible winter weather conditions. These could be extreme cold temperatures, snow, freezing rain, or a combination of the weather conditions. Below is a list of **required equipment** for all outdoor field trips. Layering your clothes is extremely important during exposure to winter weather conditions. You can add or remove layers of clothing in order to prevent getting cold or too warm which would cause unnecessary sweating that leads to a chilling effect. Following these requirements can prevent cold weather health conditions including hypothermia and frost bite. For you're safety field trip leaders will remove you from trips if they feel you do not meet these requirements.

- Base Layer: Wicking fabric (polypropylene) long underwear to keep your skin dry and prevent that clammy feeling.
- Insulating Layer: (fleece, wool or silk) Vest or shirts that can be added or removed depending on how cold you feel.
- Windproof and water-resistant outer layer: A jacket, preferably with a hood, to keep out the elements.
- A hat, scarf and a knit mask to cover face and mouth will protect the head and face.
- Gloves or mittens and waterproof boots are essential.
- Covering all exposed skin will prevent possible frostbite conditions.
- Bottled water and trail snacks.
- A backpack to carry your equipment in.
- Optional items include lip balm, sunglasses, sunscreen, camera, hiking poles or stick.
- Note: Most level 2 vertical trips require a hard hat with a chin strap and leather gloves.

## FIELD TRIP DESCRIPTIONS

### Level 1 Field Trips

**CORRUGATED CAVE (LEVEL 1) - 10 people; 1 hour** Yet another rendition of the cardboard box cave. Bring a light (NOT carbide!) but you can leave your shoes & helmet behind. Dress lightly, it's strenuous and can get stuffy in the cave. Must be at least 10 years old to participate. **Follow signs from the lobby to the basement.**

**FLASHLIGHT TOUR OF X-CAVE (LEVEL 1) - 10 people; 1 hour** View X-Cave in a way that most visitors do not... by flashlight only. We will turn out the commercial lights of the cave and cruise the passages with your flashlights. A dependable light source is required for every participant. **Meets at Welcome Center; transportation needed.**

**FIRE BUILDING WORKSHOP (LEVEL 1) - 25 people; 3 hour** A fire building workshop that will look at the fundamental aspects of building a fire along with several different methods, including matches, prism, flint and steel, and bow drill. All participants will build a small fire with matches, and practice the other methods. **Meets at lodge; transportation needed.**

**GEOCACHING AT CARTER CAVES (LEVEL 1) - 20 people; 1 1/2 hour** Do you like the outdoors? How about gadgets and gizmos? We have the perfect activity to combine both. Geocaching is a fairly new sport that uses the internet, GPS units, and a sense of adventure in the outdoors to send you on a Scavenger Hunt like no other. Growing in popularity by the day, there are over 800,000 active Geocaches found around the world. Don't have GPS unit? Don't worry! We'll provide the instruments and instruction on how to begin participating in this World Wide Phenomenon! **Meets at the Welcome Center; transportation needed.**

**HISTORIC TRIP BACK IN TIME (LEVEL 1) 2 hours 35 people** Come join us on an adventure back in time as we descend into the catacombs of Cascade Cave. We will revisit the different cave lighting techniques used over the last 2,000 years. The different techniques used by cave explorers, miners, guides and today's visitors will come to life before your very eyes. Stories will be told as well as demonstrations of earlier lighting techniques. This will give visitors today a look at how these different lighting techniques were used in the past and now in the present. Following the stories and demonstrations we will be giving participants a lantern tour through North Cave and Cascade Cave on the tourist trail. Participants can get a feeling of how the cave looked to tourists before electric lights. The trip will last approximately 2 hours. Flashlight or dependable light source is required. **This trip is first come first serve onsite registration only. You can register for this trip at the registration table in the lobby starting at 4pm on January 29th. Meets at lodge.**

**HISTORY OF MINE LIGHTING (LEVEL 1) - 10 people; 3 hour** Eastern KY has a rich and proud coal mining heritage. This trip will strive to show the participants what it was actually like to work in the mines with only the light of various flame lamps. From early clamshell lamps to carbide, the last flame lamp, this will be a history and hands on experience of how the miners did their hard work underground with barely enough light to see. We will have working original examples and explain the history of each type of mine light. See original photographs from the day of not only the miners, but the kids as young as 6 years old that worked in the mines day in and day out. Trip will take place on the commercial routes of Cascade Cave. No Flashlights will be used, participants will be provided a carbide miners light (one light per two people) to light the path ahead. **Meets at lodge; transportation needed.**

## Level 1 Field Trips (continued)

**MOCK EXPEDITION OVERNIGHT (LEVEL 1) - 30 people; 9 hour** Prepare for an expedition into the depths of the earth and your imagination. We'll take a mock multi day cave expedition to a base camp in the ancient cave system of the Cascades. Cavers will team up with Sherpa's to setup a deep base camp and share experiences and ideas of caving as we spend one Friday night in the cavern. All overnight gear is to be supplied by the participant including a required 3 sources of light. Gear must be limited to cold weather camping gear—NO CAVE GEAR DUE TO WNS. Bring caving stories, caving questions, and caving lies to share around the base camp. All participants 14yrs and under must be accompanied by a parent or legal guardian—no exceptions! **Meets at lodge; transportation needed.**

**VISIT TO CASCADE CAVE (LEVEL 1) - 60 people; 2 hour** Cascade is the largest commercial cave in Carter County. You will experience large cave passageways, bats, beautiful cave formations and finish with a look at a 30 foot underground waterfall. This is a walking tour with some stooping and bending. **Meets at the Welcome Center; transportation needed.**

**VISIT TO X-CAVE (LEVEL 1) - 30 people; 1 hour** A commercially lit tour of X-Cave. X-Cave has two vertical joint passages that meander through a large layer of limestone which puts you up-close to many beautiful cave formations. Some of the highlighted features include turkey rock, the pipe organ, and the giant column which is the largest cave formation found at the park. Be aware of your surroundings and you will discover how this cave became known as "X-Cave." **Meets at the Welcome Center; transportation needed.**

**WINTER SURVIVAL WORKSHOP (LEVEL 1) - 25 people; 3 hour** Winter survival will involve the fundamentals of survival methodology and mindset, along with practical application and skill building for specifics including shelter, fire basics, water, food, and signaling. **Meets in lobby of lodge.**

**WILDLIFE CRAFTS (LEVEL 1) - 25 people; 1 hour** Kids can enjoy learning about Kentucky wildlife and make a wildlife themed craft to take home. This program is geared toward 6-12yr olds , but all ages are welcome. **Meets in Olive Hill Room of lodge.**

**WILDLIFE FUN AND GAMES (LEVEL 1) - 20 people; 1 hour** We will bundle up and head outside to play some nature games that will help us discover more about the wildlife found in Kentucky and at Carter Caves State Resort Park. A short hike is involved. This program is geared toward 6-12yr olds , but all ages are welcome. **Meets in lobby of lodge.**

## Level 2 Trips

**ASSESSMENT OF ABORIGINAL RESOURCES IN CARTER COUNTY (LEVEL 2) - 15 people; 2 hour** Participants will have an opportunity to participate in one phase of an ongoing archaeological review in Carter County and Carter Caves State Resort Park. We will visit a local stream and mark off 1 meter square areas and assess the presence of chert (flint) on the surface. We will count the total chert observed, determine its geological origin, determine if it might have been usable by neo-lithic peoples, and determine if it had, in fact, been used. The data collected will be incorporated in a study reports submitted to the Office of the KY State Archaeologist. This is an opportunity to participate in an on going archaeological study and contribute to the data collected. Please note: Because this is a State Park, collection (keeping) of material is not permitted, however, you are free to photograph the activity and what was observed during the review. **Meets at lodge; transportation needed.**

**SECRET LIFE OF WINTER HIKE (LEVEL 2) - 20 people; 3 hours** Explore the life inhabiting the surface of karst topography during the dead of winter. This hike will take you along beautiful Horn Hollow Trail, and off the beaten path to find what animals remain active when all else is frozen. Learn birding and tracking techniques while picking up a few tips to make the best of a bad winter situation. This guided trek will venture to the active beaver pond at the head of Horn Hollow, and will stop to explore any interests along the way (including several cave entrances). Progress along the trail will be obtained by achieving identification/activity objectives. Be prepared for ice, mud, and any other miscellaneous trail obstacles. Dress for the elements and if you have binoculars, bring them! **Meets at Welcome Center; transportation needed.**

**THE "8800" TREK (LEVEL 2) - 15 people; 3 hours** Can you count to 8800? Find out as you trek into the wilderness with us. You will hike alongside big sandstone cliffs, through three Natural Bridges, visit scenic overlooks of Smoky Lake and see what nature has to offer during the winter at Carter Caves. It takes 8800 steps to complete this adventure. No other visitors will know you were there, since we will learn and practice Leave No Trace hiking principles along the way. **Meets at the lodge.**

**WALKING IN THE FOOTSTEPS OF PRE-HISTORIC STONE AGE PEOPLE (LEVEL 2) - 10 people; 1 1/2 hour** The focus will be to point out locations where Aboriginal visitors to the area camped and, in some cases, indicate specific evidence of their occupation of the area. Likewise, we will review why Carter County and Carter Caves specifically was of considerable significance to pre-historic visitors and, also, to Native Americans in historic times. The rock shelters, availability of chert (flint) and other stone (i.e. hematite nodules), along with plant and animal resources made the area a focal point for seasonal visits. Initially the hunter-gatherers visited the area for its shelters and lithic (stone) resources. They, also, would have utilized what food resources were available. However, there visits were associated with migratory activity and may have occurred throughout the year. As time passed, Aboriginal People gradually became more and more sedentary with villages developing across the entire region. Thus, visits to the area were more seasonally focused, with late-summer, fall, and winter visits being more evident. A study authorized by the Kentucky Heritage Council at 15CR173- Two Sandals Shelter demonstrated a sequence of temporary occupation and local resource utilization over a very long period of time. **Meets at lodge; transportation needed.**

## Level 2 Vertical Trips

**CLIFF TO CLIFF HIGH LINE RIDE (LEVEL 2) - 10 people; 1.5 hours** Now that you have had the chance to go down a rope and up a rope we are introducing the concept of across the rope. That's right a 300ft long high line will be stretched across a 50ft gorge for your amusement. We will strap you in and you can take a ride to remember. Make sure you bring your cameras for there will be some great photo opportunities. The company Passages To Adventure from Fayetteville, West Virginia will set up and operate the high line trips. Note additional waiver form will be required to sign on-site for all participants. **Follow signs in front of lodge to the site.**

**DOWN FOR DUMMIES (LEVEL 2) - 10 people; 1.5 hours** Would you like to try rappelling? Here's your chance. No experience will be necessary. This will **NOT** be a "how to" workshop. You'll be given basic instructions, put on the rope, and monitored on the descent. **Required equipment includes leather gloves and a hard hat with a chin strap. Follow signs in front of lodge to the site.**

**RECREATIONAL TREE CLIMBING (LEVEL 2) - 6 people; 1.5 hours** Like climbing trees? Recreational tree climbing is a popular high adventure activity that puts a twist to our backyard tree climbing pastime. We will cover what the traditional tree climbing schools are teaching, which is traditional double rope technique that involves using a modified hip thrust to pull themselves 20-40 feet off of the ground. A familiarity activity that involves accessing the tree recreationally. This is a strenuous high adventure activity. Participants 15yrs & under require parent or guardian supervision. **Required equipment includes climbing appropriate gloves, a hard hat with a chin strap and warm clothing. Meets at lodge.**

**UP FOR IDIOTS (LEVEL 2) - 10 people; 1.5 hours** Now that you have rappelled into the pit you have to get out, right? This trip will give you a taste of what is needed to ascend out of that pit you may someday find yourself at the bottom of. You will be introduced to a basic system of rope ascending commonly used by cavers and you will get a chance to do a rope climb. These same techniques are used whether you need to climb 12ft. or 1200ft. Down for Dummies may get you to the bottom, but you'll need us to get you out. **Required equipment includes leather gloves and a hard hat with a chin strap. Don't have a hard hat with a chin strap, no worries we can provide one. Follow signs in front of lodge to the site.**

## Level 3 Field Trips

**AN ADVENTURE INTO THE NEO-LITHIC PAST AT CARTER CAVES (LEVEL 3) - 10 people; 2 hour** We will visit some unique and large rock shelters that were used by pre-historic people for hundreds to thousands of years. In one case we will view a natural arch and in another we will observe the very ancient ripple marks that were preserved in the local Mississippian limestone when the area was covered by an ancient shallow sea. These ripple marks are actually within a rock shelter that had been occupied by pre-historic people. Chert (flint) outcrops are present that had been used by neo-lithic age (new stone age) people. Bring a camera since some of the rock formations and rock shelters are unique and worth documenting. Initially we will follow a designated park trail and then will go off the beaten path" to areas not commonly visited. There is a relatively steep climb so bring your walking stick. **Meets at lodge; transportation needed.**

**SURFACE KARST FEATURES OF CCSRP (LEVEL 3) - 20 people; 7 hours** A multi-mile hike through much of the park demonstrating a variety of karst features ranging from streams, springs, cave entrances, karst windows, and arches. Time permitting, various sandstone features can be visited as well (caves, arches, springs). **Meets at lodge.**

**"TYGART CREEK CLIFF HIKE" (LEVEL 3) 18 people; 4 hours** Join us for an adventure to where few have gone before - the cliffs framing the Tygarts Creek gorge! We'll start off from the lodge on a well-kept trail, then quickly shift off trail to blaze our way along the ankle twisting cliff line that meanders along the creek. See towering rock walls, deep rock shelters and vistas normally obscured, and out of reach, because of summer's growth. We'll take a short climb up the hill and return to the lodge via the Three Bridges Trail. Because parts of this hike are off the normal trail system, it is rough! It's not for the kiddies! **Meets at lodge.**

## Level 4 Field Trips

**"BRIDGES OF CARTER COUNTY" - ON RAPPEL!!! (LEVEL 4) 15 people; 7 hours** Join us in dropping the three largest natural bridges at Carter Caves.....We will drop Smokey (25'), Natural (50') and Fern (80') Bridges. Each has something unique to offer. This is not an instructional trip, you should be well versed in caving SRT (i.e., no 'Aussie' rappels). Equipment required: Helmet with chin strap, harness, rappel rack or figure eight (no other rappel devices will be acceptable), quick attach safety (handled ascender on a sling), an extra 2' - 3' sling with carabineers on each end, sufficient carabineers for your system, rappel gloves, appropriate clothing for outdoor rappelling in January, including a heavy coat such as a down parka for wearing while waiting your turn at each drop, and potentially rain gear if precipitation is forecast. To save time, please have your harness on when you show up for the trip. **EQUIPMENT REQUIREMENTS WILL BE RUTHLESSLY ENFORCED.** You must be 18 yrs or older to participate. Anyone who does not exhibit safe practices at all times will be removed from the trip. **Meets at lodge; transportation needed.**

**TYGART CREEK REGRETTA (LEVEL 4) 14 people; 5 hours** This is a 6-mile canoe trip that navigates you through the Tygart's Creek Gorge. Kentucky's most scenic limestone gorge. You will be on the creek for at least 4 hours. It is cold and wet, especially if you swamp! Because of the remoteness of the gorge and limited access, there is no turning back once you start. Canoes, paddles, and vests will be provided. You should bring waterproof containers for caving gear, polypro and/or wool clothes, change of clothes (wet suit, a recommended option), drink, and lunch or snack. This trip can be canceled if the creek is frozen over. If this happens you can cancel your registration and receive a full refund or we can register you for other trips during the weekend. **Meets at lodge; transportation provided.**

# FIELD TRIP SCHEDULE

## FRIDAY NIGHT FIELD TRIPS

- TRIP #1: HISTORIC TRIP BACK IN TIME (8:00pm; 2hours; level 1)  
TRIP #2: MOCK EXPEDITION OVERNIGHT (10:00pm; 9hours; level 2)

## 8:30am FIELD TRIPS SATURDAY

- TRIP # 3: DOWN FOR DUMMIES (8:30am; 1.5hrs; level 2)  
TRIP #4: UP FOR IDIOTS (8:30am; 1.5hrs; level 2)  
TRIP #5: HISTORY OF MINE LIGHTING (8:30am; 3hrs; level 1)  
TRIP #6: GEOCACHING AT CARTER CAVES (8:30am; 1.5hrs; level 1)  
TRIP #7: THE "8800" TREK (8:30am; 3hrs; level 2)

## 9:00am FIELD TRIPS

- TRIP #8: CLIFF TO CLIFF HIGH LINE RIDE (9:00am; 1.5hrs; level 2)  
TRIP #9: CORRUGATED CAVE (9:00am; 1hrs; level 1)  
TRIP #10: RECREATIONAL TREE CLIMBING (9:00am; 1.5hrs; level 2)  
TRIP #11: WALKING IN THE FOOTSTEPS OF PRE-HISTORIC STONE AGE PEOPLE (9:00am; 1.5hrs; level 2)  
TRIP #12: SURFACE KARST FEATURES OF CCSRP (9:00am; 7hrs; level 3)

## 9:30am FIELD TRIPS

- TRIP #13: WINTER SURVIVAL WORKSHOP (9:30am; 3hrs; level 1)  
TRIP #14: VISIT TO X-CAVE (9:30am; 1hrs; level 1)  
TRIP #15: DOWN FOR DUMMIES (9:30am; 1.5hrs; level 2)  
TRIP #16: TYGART'S CREEK REGRETTA (9:30am; 5hrs; level 4)  
TRIP #17: BRIDGES OF CARTER COUNTY-ON RAPPEL!!! (9:30am; 7hrs level 4)

## 10:00am FIELD TRIPS

- TRIP #18: CLIFF TO CLIFF HIGH LINE RIDE (10:00am; 1.5hrs; level 2)  
TRIP #19: CORRUGATED CAVE (10:00am; 1hrs; level 1)  
TRIP # 20: UP FOR IDIOTS (10:00am; 1hrs; level 2)

## 10:30am FIELD TRIPS

- TRIP #21: VISIT TO CASCADE CAVE (10:30am; 2hrs; level 1)  
TRIP #22: DOWN FOR DUMMIES (10:30am; 1.5 hrs; level 2)  
TRIP #23: RECREATIONAL TREE CLIMBING (10:30am; 1.5hrs; level 2)  
TRIP #24: GEOCACHING AT CARTER CAVES (10:30am; 1.5hrs; level 1)  
TRIP #25: FLASHLIGHT TOUR OF X-CAVE (10:30am; 1hrs; level 1)

## 11:00am FIELD TRIPS

- TRIP #26: CLIFF TO CLIFF HIGH LINE RIDE (11:00am; 1.5 hrs; level 2 )  
TRIP #27: CORRUGATED CAVE (11:00am; 1hrs; level 1)  
TRIP #28: WALKING IN THE FOOTSTEPS OF PRE-HISTORIC STONE AGE PEOPLE (11:00am; 1.5hrs; level 2)  
TRIP #29: WILDLIFE FUN AND GAMES (11:00am; 1hrs; level 1)

## 12:00pm FIELD TRIPS

- TRIP # 30 : CLIFF TO CLIFF HIGH LINE RIDE (12:00pm; 1.5hrs; level 2)

## 12:30pm FIELD TRIPS

- TRIP #31: DOWN FOR DUMMIES (12:30pm; 1.5hrs; level 2)  
TRIP #32: UP FOR IDIOTS (12:30pm; 1.5 hrs; level 2)  
TRIP #33: HISTORY OF MINE LIGHTING (12:30pm; 3hrs; level 1)  
TRIP #34: TYGART'S CREEK CLIFF HIKE (12:30pm; 4hrs; level 3)

## 1:00pm FIELD TRIPS

- TRIP #35: CLIFF TO CLIFF HIGH LINE RIDE (1:00pm; 1.5hrs; level 2)  
TRIP #36: CORRUGATED CAVE (1:00pm; 1hrs; level 1)  
TRIP #37: RECREATIONAL TREE CLIMBING (1:00pm; 1.5hrs; level 2)  
TRIP #38: VISIT TO X-CAVE (1:00pm; 1hrs; level 1)  
TRIP #39: GEOCACHING AT CARTER CAVES (1:00pm; 1.5hrs; level 1)

## 1:30pm FIELD TRIPS

- TRIP #40: DOWN FOR DUMMIES (1:30pm; 1.5hrs; level 2)  
TRIP #41: FIRE BUILDING WORKSHOP (1:30pm; 3hrs; level 1)  
TRIP #42: SECRET LIFE OF WINTER HIKE (1:30pm; 3hrs; level 2)  
TRIP #43: THE "8800" TREK (1:30pm; 3hrs; level 2)

## 2:00pm FIELD TRIPS

- TRIP #44: FLASHLIGHT TOUR OF X-CAVE (2:00pm; 1hrs; level 1)  
TRIP #45: CLIFF TO CLIFF HIGH LINE RIDE (2:00pm; 1.5hrs; level 2)  
TRIP #46: CORRUGATED CAVE (2:00pm; 1hrs; level 1)  
TRIP #47: ADVENTURE INTO THE NEO-LITHIC PAST AT CARTER CAVES (2:00pm; 2hrs; level 3)  
TRIP #48: UP FOR IDIOTS (2:00pm; 1.5hrs; level 2)

## 2:30pm FIELD TRIPS

- TRIP #49: RECREATIONAL TREE CLIMBING (2:30pm; 1.5hrs; level 2)  
TRIP #50: VISIT TO CASCADE CAVE (2:30pm; 2hrs; level 1)  
TRIP #51: DOWN FOR DUMMIES (2:30pm; 1.5hrs; level 2)  
TRIP #52: WILDLIFE CRAFT (2:30pm; 1hrs; level 1)

## 3:00pm FIELD TRIPS

- TRIP #53: CLIFF TO CLIFF HIGH LINE RIDE (3:00pm; 1.5hrs; level 2)  
TRIP #54: CORRUGATED CAVE (3:00pm; 1hrs; level 1)  
TRIP #55: GEOCACHING AT CARTER CAVES (3:00pm; 1.5hrs; level 1)

## 3:30pm FIELD TRIPS

- TRIP #56: FLASHLIGHT TOUR OF X-CAVE (3:30pm; 1hrs; level 1)  
TRIP #57: DOWN FOR DUMMIES (3:30pm; 1.5hrs; level 2)  
TRIP #58: UP FOR IDIOTS (3:30pm; 1.5hrs; level 2)

## 4:00pm FIELD TRIPS

- TRIP #59: CLIFF TO CLIFF HIGH LINE RIDE (4:00pm; 1.5hrs; level 2)  
TRIP #60: CORRUGATED CAVE (4:00pm; 1hrs; level 1)

## 4:30pm FIELD TRIPS

- TRIP #61: VISIT TO X-CAVE (4:30pm; 1hrs; level 1)

## 8:30am FIELD TRIPS SUNDAY

- TRIP #62: HISTORY OF MINE LIGHTING (8:30pm; 3hrs; level 1)

## 9:00am FIELD TRIPS

- TRIP #63: CORRUGATED CAVE (9:00am; 1hrs; level 1)  
TRIP #64: DOWN FOR DUMMIES (9:00am; 1.5hrs; level 2)  
TRIP #65: UP FOR IDIOTS (9:00am; 1.5hrs; level 2)  
TRIP #66: GEOCACHING AT CARTER CAVES (9:00am; 1.5hrs; level 1)

## 9:30am FIELD TRIPS

- TRIP #67: VISIT TO X-CAVE (9:30am; 1hrs; level 1)  
TRIP #68: SECRET LIFE OF WINTER (9:30am; 3hrs; level 2)

## 10:00am FIELD TRIPS

- TRIP #69: CORRUGATED CAVE (10:00am; 1hrs; level 1)  
TRIP #70: DOWN FOR DUMMIES (10:00am; 1.5hrs; level 2)  
TRIP #71: ASSESSMENT OF ABORIGINAL RESOURCES IN CARTER COUNTY (10:00am; 2hrs; level 2)

## 10:30am FIELD TRIPS

- TRIP #72: UP FOR IDIOTS (10:30am; 1.5hrs; level 2)  
TRIP #73: VISIT TO CASCADE CAVE (10:30am; 2hrs; level 1)  
TRIP #74: GEOCACHING AT CARTER CAVES (10:30am; 1.5hrs; level 1)

## 11:00am FIELD TRIPS

- TRIP #75: CORRUGATED CAVE (11:00am; 1hrs; level 1)  
TRIP #76: VISIT TO X-CAVE (1:00pm; 1hrs; level 1)

# KEYNOTE SPEAKER



ADVENTURER: Benjamin (Benjy) Franklin Simpson Jr.

“I Chose To Play”

Benjy Simpson will share memories from his days as an adventure entrepreneur (i.e., Outward Bound, Encounter Four, his adjudicated youth program, Passages To Adventure, New River Gorge Bridge Day Rappel, and his upcoming adventure Bridge Walk).

Benjy was born in Concord, North Carolina in 1948. He graduated from West Montgomery High School in Mt. Gilead, North Carolina. Benjy furthered his education and received his Bachelor in Science Degree in Recreation and Park Administration from North Carolina State University in 1970 and his Masters in Health & Physical Education at Appalachian State University in 1973. From 1970-76 Benjy was active in the United States Army Reserve as a Paratrooper & Parachute Rigger. His early professional career includes working as a Juvenile Facility Recreation Director, A College Physical Education & Social Science Instructor, Intramural Director, and worked as an Outward Bound Instructor/Director in the states of North Carolina, Minnesota and Pennsylvania. In 1982 to present Benjy became a self entrepreneur and founded his own company Passages To Adventure in Fayetteville, West Virginia. Passages To Adventure is a high adventure company that specializes in leading whitewater rafting on the famous New and Gauley Rivers, rock climbing, caving, high ropes, and kayaking adventures. Benjy has been over the rappelling aspect of the famous New River Gorge Bridge Day in Fayetteville, West Virginia since 1992.

Benjy has become a highly decorated instructor in many areas including First Responder Instructor, Resources River Rescue Instructor, Basic Trauma Life Instructor, Project Wet and Wild Instructor, American Red Cross First Aid & CPR Instructor, American Red Cross Water Safety & Canoe Instructor Trainer, American Canoe Association Instructor Trainer, Rock Climbing Instructor, Ropes Course Builder and Instructor, Outdoor Emergency Care Instructor and an Eastern Professional Ski Touring Instructor. He is also a Basketball Coach, Soccer Coach and a certified Basketball Official in WV and NC.

Over the years he has Led diabetic expedition attempting to climb Mt. McKinley, Alaska. Led Climbing Mexico Climbing Volcano trips over 17,000ft. He has been a commercial whitewater guide since 1974. He has been Rock Climbing Instructor since 1970 climbing throughout the United States and Mexico. Some of his long rappels include 876' off New River Gorge Bridge in WV; 660' off Whiteside Mountain in North Carolina, and 1004' inside the CNN Tower in Toronto, Canada. Benjy also enjoys mountaineering and has completed the Jan Sport Mt. Ranier Mountaineering Seminar and the American Alpine Institute Expedition Course.

Passages To Adventure  
Post Office Box 71  
Elizabeth Way  
Fayetteville, West Virginia 25840  
800 634-3785  
[www.passagestoadventure.com](http://www.passagestoadventure.com)

New River Gorge Bridge Day Rappel  
Benjy Simpson, Rappel Coordinator  
[www.bridgedayrappel.com](http://www.bridgedayrappel.com)

Bridge Walk  
Post Office Box 111  
843 Fayette Station Road  
Fayetteville, West Virginia 25840  
304 574-1037  
[www.bridgewalk.com](http://www.bridgewalk.com)

# CARTER CAVES SQUEEZEBOX

## MEET THE SQUEEZEBOX!

Ongoing in the Fields room of the Lodge on Saturday from 9:00 - 4:00pm  
(NO PRE-REGISTRATION REQUIRED)

Due to the nature of their amusement, cavers have always wondered how tight of a place they can fit through. That was when the squeezebox was invented and later constructed. Come find out how low of a space you, the adventurer, can mentally and physically squeeze through.

The Squeezebox will be available for you to experience in the fields room of the lodge from 9:00am - 4:00pm on Saturday.

## SQUEEZEBOX COMPETITION

Following Keynote Presentation on Saturday Night

Now that you have had the opportunity to experience the squeezebox, its time to enter the true test of will, guts, and stupidity. We will split competitors up in weight categories and hold a live competition. You will be front and center with a crowd of cavers and adventure seekers to cheer you through the agony and pain it takes to become a squeezebox champion. Competitors will compete for the title and a year's worth of bragging rights. A prize and a certificate will be awarded to the champion of each weight class. The champion will also sign the squeezebox itself for future contenders to view.

## FRIDAY EVENTS

**4:00 - 9:30pm: Registration Open - In Lobby of Lewis Caveland Lodge**

**4:00 - 8:00pm: All you can eat Dinner Buffet in Tierney's Cavern Restaurant (\$)**

**8:00 - 10:00pm: Live Bluegrass Music by the Smoky Valley Bandits - Fields Facility of Lodge**

**8:00 - 10:00pm: Historic Trip Back in Time (LEVEL 1) 2 hours 35 people - Sign up at registration table on a first come first serve Basis starting at 4:00pm on January 29th. See Trip Descriptions for more details on trip.**

**10:00pm: Mock Overnight Expedition (LEVEL 1) 9 hours 30 people - Must be pre-registered. See trip descriptions for more details on trip.**

## SATURDAY EVENTS

**7:00-10:30am: All You Can Eat Breakfast Buffet in Tierney's Cavern Restaurant (\$)**

**7:30am: Registration Table Open in the Lobby of the Lodge**

**8:30am - 4:30pm: Field Trips**

**11:30am - 3:00pm: All You Can Eat Lunch Buffet in Tierney's Cavern Restaurant (\$)**

**4:00pm - 8:00pm: All You Can Eat Dinner Buffet in Tierney's Cavern Restaurant (\$)**

**8:00pm: Announcements & Reflections on the Day - Fields Facility**

**8:10pm: Update on White-nose Syndrome - Presented by Kentucky Department of Fish and Wildlife Biologist Brooke Slack**

**8:30pm: Keynote Presentation: "I Chose to Play" Presented by Passages to Adventure Company Owner/President; Benjy Simpson**

**10:00pm: Squeezebox Competition (The True Test of Will, Guts, and Stupidity) - Fields Facility**

## SUNDAY EVENTS

**7:00am - 10:30am: All You Can Eat Breakfast Buffet in Tierney's Cavern Restaurant (\$)**

**8:00am - 10:00am: Registration Table Open**

**8:30am - 1:00pm: Field Trips**

**9:00am - 1:00pm: Cliff to Cliff High Line - Passages to Adventure will have the High Line open at this time for participants to take a ride. No registration necessary. You can read more about the high line in the field trip descriptions.**

**11:30am - 3:00pm: All you can eat Lunch Buffet in Tierney's Cavern Restaurant (\$)**

# CARTER CAVES 2010 SPECIAL EVENTS

February 5-6: Carter Caves Quilt Show "A Quilt Extravaganza"  
February 12-13: Valentines Dinner Theater  
March 19-21: Woods Lore & Tracking Weekend  
March 27 & April 17: Tygarts Creek Regretta - Canoe Excursion  
April 3 - 4: Easter Weekend  
April 23 - 24: Wildflower Pilgrimage & Camper Appreciation  
May 1: Adventure Program "Trekking into Kiser Hollow"

July 19-25: Pioneer Life Week  
August 27-28: Bil Lepp "Liar" Comedy Dinner Show  
September 8-11: Fraley Mountain Music Festival  
October 2: Adventure program 4C's Trek  
October 15,16,22,23: Carter Caves Haunted Trail  
October 29-30: Halloween Campout & Ghost Stories in Cave  
November 5-6: Murder Mystery Dinner Theater

## NEARBY ACCOMMODATIONS IN GRAYSON KENTUCKY

**Guest House Inn & Suites  
(formerly Holiday Inn)**  
501 C.W. Stevens Blvd.  
Grayson, Kentucky 41143  
606-474-0000

**Quality Inn**  
205 State Highway 1947  
Grayson, Kentucky 41143  
606-474-7854

**Greenbo Lake State Resort Park**  
965 Lodge Rd  
Greenup KY 41144  
(1-800-325-0083)

located about 45 minutes from  
Carter Caves

**Grayson Super 8 Motel**  
125 Super Eight Lane  
Grayson, Kentucky 41143  
606-474-8811

**Grayson Days Inn**  
650 C.W. Stevens Blvd  
Grayson, Kentucky 41143  
606-475-3224



## CARTER CAVES TIERNEY'S CAVERN RESTAURANT



During Winter Adventure Weekend the restaurant serves hot, hearty food Buffet style for all the hungry adventurers. **Meals not included in your registration.**

### HOURS OF OPERATION

Breakfast 7:00am - 10:30am  
Lunch 11:30am - 3:00pm  
Dinner 4:00pm—8:00pm - Friday & Saturday  
Dinner 5:00-8:00 - Sunday

## THANK YOU ! WAW STAPH 2010

We would like to acknowledge all of the faithful volunteers who spend their time and effort in order to make, this event, very fun, safe, and successful.

Coy Ainsley	Bruce Corrie	Sheila Gilliam	Chris Lucas	Shawn Pickens	Benjy Simpson
Bruce Bannerman	Don Davis	Ernie Gilliam	Michael Lucas	Lisa Plummer	Julia Smith
Allen Blair	Cindy Duncan	Chris Hacker	Matt Maley	Sam Plummer	Vanessa Stevens
Jerry Brandenburg	Steve Duncan	Erin Hazelton	Larry Matiz	Don Pollock	Bill Stitzel
Lisa Brandenburg	Susie Duncan	Matt Hazelton	Sarah McCallister	Jeff Rickman	Dana Sutherland
Mary Burkart	Brian Edwards	Horton Hobbs	Kenny McCoy	Christopher Rissler	Carey Tichenor
John Cassidy	Jared Embree	Kevin Kissell	Tim Mootz	Laura Rissler	John Tierney
Tama Cassidy	Kate Ferguson	Emily Lawson	Evelyn Morgan	Josh Roark	Paul Tierney
Craig Caudill	Colin Gatland	Jake Lewis	Andy Niekamp	Brian Saul	Terry Waechter
Jonathon Cooke	Holly Gersbacher	Jonathon Lewis	Jim Perkins	Jonathon Scheibly	

(As of printing)