“Spring and summer at the Big South Fork” a phrase that conjures up images of warmer weather, colorful wildflowers in bloom, songbirds chirping, and visitors getting outside to enjoy the great outdoors. Big South Fork National River & Recreation Area is the perfect place to experience the sights and sounds of spring and summer, and a variety of exciting and challenging outdoor activities.

This guide is designed to help you choose the best activity for the time that you have available to spend exploring the Big South Fork. And the visitor center is a great place to start your adventure. There you can speak to a park ranger for information on upcoming park events and activities, and how to make the most of your visit. There is also an informative 15-minute video to enjoy. This award-winning video is a quick and enjoyable way to learn why the park is so special. Be sure to stamp your NPS passport book while you’re there.

An excellent way to learn more about the park while exploring the outdoors is to attend a ranger-led program. Programs are free, and offered year-round. Program topics include: guided hikes, night sky, birding, and more. For more information about upcoming ranger-led programs, call (423) 569-7275.

Whether you are interested in kayaking, hiking, fishing, picnicking, bird-watching, or sitting on a rock and enjoying a good book, Big South Fork is an excellent place to immerse yourself in the outdoors.

Welcome to Big South Fork National River & Recreation Area

There is so much to love about the Big South Fork. Whether you are into kayaking, biking, walking or prefer to take in the views on a scenic drive there is something for everyone here. However, even though the park welcomed nearly 800,000 visitors last year most only scratch the surface of this park because half of our park is after dark. Big South Fork is a great place to see the stars. With unobstructed views of the skyline that go on for miles, our ranger-led programs and of course the Go Big Challenge, there are several ways to experience the night sky in the park.

I challenge each of you to pick up a copy of this year’s Go Big book at one of our visitor centers. This year’s theme is the Dark Sky. There are fewer and fewer places in this world where we can experience the stars like our ancestors once did. Maybe it was the river and trails that brought you here, or perhaps our history and wildlife.

Regardless of what your interest is, the best place to begin your visit to the park is at the visitor center. Our knowledgeable staff is available to answer your questions, provide park updates, and offer recommendations on how to best spend your available time.

Whether it’s your first time experiencing the Big South Fork, or your 20th, I hope you come prepared and have a safe visit. And may your experience exceed your expectations.

Niki Stephanie Nicholas
Superintendent

4 Hey Ranger!
See what the commonly asked questions are for the park. See if your questions are answered here.

8 Park Map
This map shows how to get to the most popular points of interest in our park.

14 Campgrounds
Find a campsite near your destination in the park.
Events Calendar
All events are Eastern Time. All ranger-led programs are subject to change. Contact Bandy Creek Visitor Center at (423) 286-7275 (PARK), Blue Heron Interpretive Center at (606) 376-3787, or (606) 376-5073 for program details.

SPRING PLANTING & MUSIC FESTIVAL—APRIL 27
Bandy Creek Area 9:00 AM until 4:00 PM
Join in a celebration of spring at a 1920s-era farm. Demonstrations of horse and mule drawn equipment, plowing, planting, music concerts, farm animals and tasks of the homemaker will be presented throughout the day at Bandy Creek, Lora Blevins homeplace and Oscar Blevins Farmsite. Food, craft demonstrations and sales items will also be available.

BLUE HERON DECORATION DAY—MAY 18
Blue Heron Outdoor Museum 10:00 AM until 5:00 PM
Join us for the 5th annual Blue Heron Decoration Day. This is an opportunity for park visitors and families that once lived and worked in the Stearns Coal Mining Communities to join together for an afternoon of food, music, fellowship and remembrance. Help us share the rich history of the coal mining community with visitors while preserving the memories and stories made at Mine-18. There will be Ranger guided programs, craft demonstrations, live music and food.

NATIONAL TRAILS DAY—JUNE 1
National Trails Day is held every year throughout the United States on the first Saturday in June. Thousands of volunteers participate in work projects in national areas, parks and forests. If you would like to volunteer, contact Effie Houston for information at (423) 569-9778, or online at www.americanhiking.org.

NIGHT SKY PROGRAMS AT BANDY CREEK
Paul Lewis from the University of Tennessee will be presenting astronomy programs with the help of astronomy volunteers (weather permitting).

- May 25—Solar Viewing 3:30 PM - Astronomy 9:00 PM
- June 22—Astrophotography Class 8:00 PM - Night Sky 9:00 PM
- July 13—Apollo Anniversary Night Sky 9:30 PM
- August 24—Astronomy 9:30 PM
- September 28—Astronomy 8:30 PM
- October 26—Solar Viewing 3:00 PM - Astronomy 8:00 PM

BIG SOUTH FORK ART IN THE PARK RECEPTION—AUGUST 30
Bandy Creek Visitor Center
The event will include a display of photographs from the recent Big South Fork Photography contest. Visitors to the event may select their favorite photograph and place their vote for a “People’s Choice” award winner. During the evening, the contest’s winning entries will be revealed. Local musicians will be performing as light refreshments are served.

A WEEK OF STORYTELLING:
Each year, thousands of students get to experience dynamic storytelling by world renowned storytellers as Park staff escort professional storytellers to neighboring schools. Local schools will again have an opportunity to see these tellers in action during the week leading up to the event.

BLUE HERON GHOST TRAIN—SEPTEMBER 14
The 9th annual Blue Heron Ghost Train is sponsored by Big South Fork in cooperation with the McCreary County Heritage and the McCreary County Performing Arts Council. Park staff will lead groups of visitors in the darkness of night by only the flickers of lanterns to local storytellers. They, through the age-old tradition of the spoken word, will share their traditional tales from around the region with you. Visitors have the option of either descending to this abandoned coal-mining camp by rail or road. For more information about this event, call (606) 376-3787.

STORYTELLING FESTIVAL—SEPTEMBER 21
Bandy Creek Area starting at 9:00 AM
The 27th annual “Haunting in the Hills” Storytelling Festival will kick off at 10:00 AM with live music and demonstrations from local artists. Make plans now to join the thousands who will come to the Bandy Creek fields for a fun-filled day of stories, music, crafts and more. Craft classes and concerts are free and open to the public.

Become A Junior Ranger
Big South Fork has a junior ranger book and a badge for you to earn for your jacket or book bag. Kids are invited to use this book to explore Big South Fork with Oscar, the river otter. Many activities will help you learn about animals, plants, rocks, rivers and a coal mining town.

Become A Volunteer
For information on how you can become a National Park Service volunteer, contact the Volunteer Coordinator at (423) 569-9778, or email us at biso_information@nps.gov. Visit us online at http://www.nps.gov/biso/workwithus.htm to see all of the wonderful opportunities that are available.
Fee Free Days 2019

On a variety of holidays, as well as the annual “National Park Week,” entrance fees are waived at all national parks. Learn more about fee free days in the national parks at http://www.nps.gov/findapark/feefreeparks.htm.

Although Big South Fork does not collect entrance fees, we do have user fees. Fee free days include fee waivers for backcountry camping, swimming pool use, and camping at Alum Ford Campground. Permits will still be required, but there will be no charge when they are obtained at one of the park contact stations (see page 16).

The following dates are the official fee free days of 2019:

January 21: Birthday of Martin Luther King, Jr.
April 20: First Day of National Park Week
August 25: National Park Service Birthday
September 28: National Public Lands Day
November 11: Veterans Day

Every Kid in a Park

If you are 10 years old or in fourth grade, you can participate in a fun online activity and receive a voucher for a free 4th Grade Annual Pass. Print out the voucher and take it with you and your family to a national park, where you can serve as an ambassador and introduce your family to the National Park System. This program, called Every Kid in a Park, can be found online at https://www.everykidinapark.gov/. National parks and other federal lands and waters all across America are excited to share their heritage with young people.

After-hours Pool Reservations

A Special Use Permit is required for all after-hour pool reservations. The fee is $125 for a two-hour minimum reservation and no more than 50 persons. There is an additional $50 charge for each additional hour. In order to obtain a reservation, contact the Bandy Creek Office at (423)-286-8368. Reservations must be submitted no later than five business days prior to the event.

Weddings in the Park

Special events such as weddings, foot races, and endurance rides require a special use permit. If you need more information about how to obtain a special use permit, contact the Fee Program Manager at (423)-569-7321, or by email at tish_neal@nps.gov. Information can also be found on our website at www.nps.gov/biso/planyourvisit/permits.htm.
Hey Ranger!

Most commonly asked questions at Big South Fork....

What are those trees with the two-foot long leaves?
Most likely the tree is either a Big Leaf Magnolia or an Umbrella Magnolia.

How many bears are in the park?
The most recent scientific study indicates there are approximately 300 bears living in Big South Fork National River and Recreation Area and Daniel Boone National Forest.

Can I camp in a rockshelter or historical buildings?
No. Park regulations have been established to protect the cultural and historical significance of these structures.

What kind of poisonous snakes live in the park?
Timber rattlesnakes and copperheads.

Is Big South Fork a National Park?
Yes. Big South Fork NRRA is one of over 400 park lands managed by the National Park Service.

Where does the Big South Fork River flow?
The river flows north from Tennessee to Kentucky into Lake Cumberland.

Why shouldn’t I throw away food scraps in my campfire?
Bears and other wild animals are attracted to food scraps and burned residue. Bears that become habituated to human food often stop foraging for food and are typically the animals that cause problems.

Can I drink water out of the streams or river?
It is strongly advised that water from any water source be filtered before drinking. Even then, there is no guarantee it is completely free of contaminants and microorganisms.

Do I need a backcountry permit to camp in the woods?
Yes. Backcountry camping permits are available online at http://www.nps.gov/biso/planyourvisit/permits.htm. Permits will also be sold at park visitor contact stations (see page 16) and at selected local vendors (see page 5). All locations will accept cash. In addition, the Bandy Creek Visitor Center can process credit card orders in person or over the phone.

Where can I buy one of the Interagency Passes?
You can purchase any of the Interagency passes at one of the visitor centers (see page 16 for locations and operational hours) or online at http://store.usgs.gov/pass/index.html.

Safety Tips

Keep safe and enjoy your trip to Big South Fork National River & Recreation Area by following these precautions:

1. Be aware that there are poisonous snakes (copperheads and timber rattlesnakes), ticks, chiggers, and poison ivy found here. Be cautious as you hike the trails or use the backcountry. Always use a flashlight when walking at night to avoid stepping on a snake.

2. Plan ahead and leave information about your trip with someone at home.

3. Backcountry camping permits are required. These provide information to park rangers in case of emergencies. Obtain a permit online or at a park visitor center.

4. Store all food, food containers and coolers out of reach from wildlife. Hang food in the backcountry so bears cannot reach it. A copy of the food storage regulations can be obtained from the visitor centers or the campground kiosks.

5. Ticks and chiggers can cause irritating itchy bumps and sometimes a rash. Other insects like gnats, deer flies and mosquitoes can also be a nuisance while camping, horseback riding or hiking. Ticks can carry diseases. Protect yourself and your pets by using an insect repellent. Check yourself after being outdoors to remove ticks.

LOST AND FOUND
Report any lost items to rangers at Bandy Creek Visitor Center in Tennessee or at Blue Heron Interpretive Center in Kentucky. Found items should be turned in at the same locations.

RESOURCE PROTECTION HOTLINE AVAILABLE
Any park visitor or neighbor who witnesses what they believe to be an illegal activity such as digging arrowheads, poaching wildlife or harvesting plants is encouraged to call the Resource Protection Hotline at (423) 569-7301. All information will be treated confidentially. No name or phone number will be required; however, persons wishing to leave contact information may do so.

TRAILS CONDITION REPORTING HOTLINE AVAILABLE
Park visitors or neighbors are encouraged to report any trail conditions they find by calling the Trails Condition Reporting Hotline at (423) 569-7302.

4 Spring/Summer 2019 Edition
Fifth Annual Photo Contest

The National Park Service invites photographers to submit entries for an exhibit at Big South Fork National River & Recreation Area. The park is looking for striking digital images highlighting the spectacular views, historic sites, recreational opportunities, and diversity of life in the park. Images may show wildlife, plant life, natural landscapes, historic areas, weather, or people interacting with nature within the boundaries of Big South Fork National River & Recreation Area. All photographs, except those submitted in the artistic category, should accurately reflect the subject matter and the scene as it appeared.

Photographs may be submitted into one of seven categories:

- **Action/Adventure** (photographs of people participating in recreational activities)
- **Artistic** (artistic compositions in nature both natural and manipulated in post processing)
- **Cultural** (photographs that illustrate historic or culturally significant structures)
- **Flora & Fauna** (animals in their natural habitat, including close-ups of invertebrates, or plants in their natural habitat, including close-ups of flowers, fungi, lichen, and algae)
- **Kentucky Landscapes** (expansive and dramatic views of the land and its features within the Kentucky park boundaries)
- **Tennessee Landscapes** (expansive and dramatic views of the land and its features within the Tennessee park boundaries)
- **Youth** (entries in any category by photographers under 18 years of age).

Entries will be judged on technical excellence, originality, creativity, visual impact, and artistic merit. Judges’ decisions are final. Selected images will be printed for an exhibition at Bandy Creek Visitor Center that will open on Saturday, August 30, 2019. Selected images may also be displayed on the internet and other venues.

Contest is open to all photographers except park employees and their immediate families and household members. Each person can only submit three photos into the competition. All photos must be in a digital format. Entries must be received no later than Friday, July 26, 2019. Each entry must be accompanied by a completed entry form with all information clearly filled out. Entry forms may be downloaded from http://www.nps.gov/biso/planyourvisit/biso-photo-contest.htm. Entries may be emailed to biso_information@nps.gov, or dropped off, or mailed to the park headquarters at:

Big South Fork NRRA
Attn: Photo Contest
4564 Leatherwood Road
Oneida, TN 37841

For more information, please call (423) 286-7275.

We want to see the Big South Fork THROUGH YOUR EYES

Backcountry Camping Permit Vendors

These vendors provide backcountry camping permits at their locations near the park. Hours of operation will vary so be sure to call ahead.

<table>
<thead>
<tr>
<th>VENDOR NAME</th>
<th>LOCATION</th>
<th>PHONE NUMBER</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Becki’s One Stop</td>
<td>Whitley City, KY</td>
<td>606-376-9200</td>
<td>Intersection of Hwy 700 and US 27, Kentucky</td>
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<tr>
<td>Fastway Marathon</td>
<td>Stearns, KY</td>
<td>606-376-7400</td>
<td>Intersection of Hwy 92 and Hwy 1651, Kentucky</td>
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<tr>
<td>South Fork Tack</td>
<td>Oneida, TN</td>
<td>423-569-6700</td>
<td>0.5 from intersection of Industrial Ln and W 3rd Ave</td>
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<tr>
<td>The Hitching Post</td>
<td>Jamestown, TN</td>
<td>931-879-4230</td>
<td>Less than 1 mile west of park boundary on Hwy 297</td>
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<tr>
<td>R&amp;M Brooks</td>
<td>Rugby, TN</td>
<td>423-628-2533</td>
<td>West of Rugby on Rugby Road, Tennessee</td>
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<tr>
<td>Henbos Number 2</td>
<td>Jamestown, TN</td>
<td>931-879-9734</td>
<td>At the intersection of BYP 127 and Hwy 52</td>
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</table>
### Park Programs & Events

**Schedules are effective from Memorial Day Weekend through Labor Day 2019**

<table>
<thead>
<tr>
<th>PROGRAM TITLE</th>
<th>LOCATION</th>
<th>DURATION</th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<tr>
<td><strong>GO BIG 2019 Challenge Program</strong></td>
<td>Locations Vary</td>
<td>Times Vary</td>
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<tr>
<td>Get up and get moving in 2019! Join in the fun and participate in Big South Fork National River &amp; Recreation Area’s all-inclusive GO BIG 2019 Challenge. This year-long self-paced challenge was designed to encourage ALL visitors to explore and experience Big South Fork. You can complete the challenge in a weekend or throughout the year. Earn an official 2019 Go Big patch by accumulating 100 points.</td>
<td>Ask a Ranger or check our Facebook page</td>
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<td><strong>Junior Ranger Program</strong></td>
<td>Bandy Creek Visitor Center</td>
<td>20 mins</td>
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<td>10:00 AM</td>
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<td>Join a park ranger for a variety of kids activities that will help the whole family connect with Big South Fork and the resources we help to protect.</td>
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<td><strong>Bandy Creek Evening Programs</strong></td>
<td>Bandy Creek Camp Ground Area Night Hikes</td>
<td>45 mins; Night Hikes will Vary</td>
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<tr>
<td>Park rangers offer a variety of evening ranger programs. Park-related topics vary week to week and may range from general natural and cultural history to special topics of concern. During the month of June our evening programs will highlight our Glow Worms when you join us for one of our night hikes</td>
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<td><strong>Sunday Afternoon Healthy Hike</strong></td>
<td>Varies weekly – call (423) 286-7275 for details</td>
<td>2-3 hours</td>
<td>12:00 PM</td>
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<td>Join a park ranger every Sunday for an easy to moderate enjoyable hike to places like Twin Arches, O&amp;W Bridge, and Angel Falls Rapids. These guided hikes offer visitors a great opportunity to experience the spectacular variety the Cumberland Plateau has to offer. Well-behaved pets are welcomed as long as they are on a leash.</td>
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<tr>
<td><strong>Sunday Morning Healthy Hike – RUGBY</strong></td>
<td>Rugby Gentleman’s Swimming Hole Trailhead</td>
<td>1-2 hours</td>
<td>10:00 AM</td>
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<td>Enjoy a short, moderately difficult morning hike with a ranger to Clear Fork River. These guided hikes offer park visitors with great opportunities to learn about the cultural history and experience spectacular scenery of Historic Rugby.</td>
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Due to unforeseen circumstances, all programs subject to change, or cancellation.

### NOW SHOWING DAILY

**Big South Fork Movie -- Generations**

Watching this 12-minute movie is a great way to start your visit. Shown daily at Bandy Creek Visitor Center, this new park movie was more than a year in the making, with footage shot across all four seasons and featuring many of the park’s most prominent outdoor activities such as hiking, mountain biking, hunting, horseback riding, whitewater paddling, camping, fishing and rock climbing.
# KENTUCKY

<table>
<thead>
<tr>
<th>PROGRAM TITLE</th>
<th>LOCATION</th>
<th>DURATION</th>
<th>SUN</th>
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<tr>
<td><strong>Big South Fork Scenic Railway: The K&amp;T Special</strong></td>
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<td>Big South Fork Scenic Railway is managed by the McCreary County Heritage Foundation and operates within Big South Fork National River &amp; Recreation Area. Their schedule and departure times may change after publication. For additional information including pricing, visit their website at <a href="http://www.bsfsry.com">www.bsfsry.com</a>, or call 1-800-462-5664.</td>
<td>Departs from Historic Stearns Depot, KY</td>
<td>3 hours</td>
<td>1:30 PM May thru October</td>
<td>Only on Memorial Day and Labor Day</td>
<td>11:00 AM October</td>
<td>11:00 AM May - October</td>
<td>11:00 AM April - October</td>
<td>11:00 AM April - October</td>
<td>11:00 AM &amp; 2:30 PM April - October</td>
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<td><strong>Blue Heron Depot Talks</strong></td>
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<td>Join a park ranger for a glimpse into the cultural heritage of Blue Heron Mining Community. This program is scheduled during the time that the scenic railroad is at Blue Heron, so if you join us by train make sure not to miss this program!</td>
<td>Blue Heron Outdoor Museum</td>
<td>20 mins</td>
<td>2:15 PM</td>
<td>12:30 PM</td>
<td>12:30 PM</td>
<td>12:30 PM</td>
<td>12:30 PM</td>
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<td><strong>Rails to Trails Adventures</strong></td>
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<tr>
<td>Park rangers will lead adventures to popular spots in and around the Blue Heron Outdoor Museum. Come by car or take the scenic train to Blue Heron for hikes to places like Dick Gap Overlook, Crack-in-the-Rocks and Devil's Jump. The destination will change week-to-week, so call the Interpretive Center (606-378-3787) for more information, or follow us on Facebook for more details.</td>
<td>Blue Heron Outdoor Museum</td>
<td>2-3 hours</td>
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<td>10:00 AM</td>
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<td><strong>Sunday Morning Healthy Hikes</strong></td>
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<tr>
<td>Join a park ranger every Sunday for an easy, enjoyable and short hike to places like Yahoo Falls, Princess Falls, Bear Creek Overlook, and Split Bow Arch. These guided hikes offer park visitors a great opportunity to experience the spectacular variety the Cumberland Plateau has to offer.</td>
<td>Varies weekly – call (606) 376-3787 for details</td>
<td>2 hours</td>
<td>10:00 AM</td>
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<td><strong>Blue Heron Evening Programs</strong></td>
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<tr>
<td>Park rangers offer a variety of evening ranger programs. Park-related topics vary week-to-week and may range from general natural and cultural history to special topics of concern.</td>
<td>Blue Heron Campground</td>
<td>45 minutes</td>
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<td>7:00 PM</td>
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<td><strong>Paddle with a Ranger</strong></td>
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<td>Log those Go Big 2019 Challenge miles by joining park rangers for an adventure on the Big South Fork River.</td>
<td>Blue Heron Boat Launch</td>
<td>4 hours</td>
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</table>

Due to unforeseen circumstances, all programs subject to change, or cancellation.

### KNOW BEFORE YOU GO

- All programs are free. Program schedules are effective from Memorial Day Weekend until Labor Day. Up-to-date program announcements will be posted throughout all campgrounds and visitor centers.
- Wear sturdy walking shoes for hikes. You may also want to bring along bug spray and drinking water.
- All children must be accompanied by a parent or guardian at all times.
- Programs may be cancelled due to extreme weather conditions.
- Black bears and other wildlife frequent the area; visitors must follow food and garbage storage regulations.
- Pets must be restrained on a leash at all times. Owners are expected to clean up pet waste and dispose of it properly.
- Some trails have ladders and/or steep steps that are difficult for hikers and pets.

Spring/Summer 2019 Edition 7
Driving Directions to Blue Heron Outdoor Museum from Stearns, KY: Turn off US27 onto KY 92W at Stearns, KY. Travel on KY 92W for 1.3 miles. Merge left onto KY 1651 and go 1 mile to reach Revelo, KY. Turn right onto KY742W and go 5 miles. The campground entrance will be on your right. Continue on KY742W for another 2.8 miles until you arrive at the Blue Heron Interpretative Center and Outdoor Museum.

Driving Directions to Twin Arches from Bandy Creek Visitor Center: Make right turns at the following intersections in sequence-Visitor Center parking lot, Bandy Creek Rd, TN 297, TN 154, Divide Rd, and Twin Arches Rd. The trailhead is located at the end of the road.

Driving Directions to Yahoo Falls Loop Trail from Stearns, KY: Continue north on US 27 through Whitley City until you reach KY 700W. Turn left and drive 4.7 miles. Turn right to enter the Yahoo Falls Scenic Area. The trailhead is located at the end of the road.

Driving Directions to Honey Creek Loop Trail from Bandy Creek VC: Continue East on TN-297 for 12 miles then turn right onto US-27 S/Alberta St. After 10 miles turn right again onto Mountain View Road. Stay on Mountain View Road for 2.5 miles then turn right on Al Martin Road after the white church. Follow signs to Burnt Mill Bridge then to the Honey Creek Loop Road. Finally continue 3 miles till the parking lot and trail head on your left.
# Popular Day Hikes

<table>
<thead>
<tr>
<th>Trail Name</th>
<th>Rating</th>
<th>Distance</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Angel Falls Overlook</td>
<td>Moderate/</td>
<td>6 miles round</td>
<td>3 hours</td>
<td>Begin this trail by hiking across HWY 297 Bridge from the parking area. The trail passes along the river for the first 2 miles then travels up a series of switchbacks for 1 mile to the bluff. Turn right at the junction and follow the green hiking blazes for 350 yards to Angel Falls Overlook.</td>
</tr>
<tr>
<td>2 Angel Falls Rapids</td>
<td>Easy</td>
<td>4 miles round</td>
<td>2 hours</td>
<td>Beginning at the lower end of Leatherwood Ford parking area, this trail passes along the river to Angel Falls rapids. Expect to see wildflowers along this route during late spring through early summer.</td>
</tr>
<tr>
<td>3 Honey Creek Loop</td>
<td>Difficult</td>
<td>5.6 mile</td>
<td>6-7 hours</td>
<td>This naturally beautiful trail is technical and tough. It features a waterfall, several bolder scrambles, and points in the trail where you hike in or over creek beds. Rangers recommend hikers begin at the trailhead located across the road from parking area.</td>
</tr>
<tr>
<td>4 Charit Creek Trail</td>
<td>Difficult</td>
<td>2.8 miles round</td>
<td>2 hours</td>
<td>Departing the trailhead, hikers continue along Fork Ridge road to reach this hiking trail at the rear of the old parking area. Hikers descend along switchbacks passing by bluffs, large beech trees, and field stones. At the trail's end, hikers walk across a swinging bridge and turn right to reach Charit Creek Lodge.</td>
</tr>
<tr>
<td>5 Grand Gap Loop</td>
<td>Moderate</td>
<td>7 mile loop</td>
<td>4-5 hours</td>
<td>This trail provides spectacular views of formations and the Big South Fork of the Cumberland River. Please watch for mountain bikers who also enjoy this trail too.</td>
</tr>
<tr>
<td>6 John Litton Farm Loop</td>
<td>Moderate</td>
<td>5.6 mile</td>
<td>2-3 hours</td>
<td>Descend into a valley where the John Litton historic farmhouse, barn and outbuildings provide hikers a glimpse of the lifestyle of Big South Fork families during the first half of the twentieth century.</td>
</tr>
<tr>
<td>7 Middle Creek Loop</td>
<td>Easy/Moderate</td>
<td>3.5 mile</td>
<td>1-2 hours</td>
<td>This trail begins on an old roadbed atop a ridge then descends below the bluff line. Large rock overhangs, rock houses, and high cliffs are a treat for hikers along the way.</td>
</tr>
<tr>
<td>8 Oscar Blevins Farm Loop</td>
<td>Easy</td>
<td>3.7 mile loop</td>
<td>2-3 hours</td>
<td>This woodland trail takes visitors to the Oscar Blevins Farm. On your way to the farm enjoy wet-weather waterfalls, sandstone bluffs and rock shelters.</td>
</tr>
<tr>
<td>9 Slave Falls Loop Trails</td>
<td>Easy/Moderate</td>
<td>3.2 mile</td>
<td>1-2 hours</td>
<td>From Sawmill trailhead, this loop trail also provides short side trip to the 60-foot Slave Falls. Hikers can also enjoy geological formations such as Needle Arch and a large rock shelter along this route.</td>
</tr>
<tr>
<td>10 Twin Arches Upper Loop</td>
<td>Easy/Moderate</td>
<td>1.2 mile loop</td>
<td>1 hour</td>
<td>From the trailhead, this short loop trail travels to the Twin Arches. These double sandstone arches are considered the largest natural bridge in the states of Kentucky and Tennessee.</td>
</tr>
<tr>
<td>11 Split Bow Arch Loop Trail</td>
<td>Easy</td>
<td>1.2 mile loop</td>
<td>1 hour</td>
<td>From the Bear Creek overlook trailhead, this short hike takes you through one of the most accessible but also unique arches in the park. The Bear Creek overlook is right around the corner and is well worth the short 0.3 mile hike.</td>
</tr>
<tr>
<td>12 Blue Heron Loop Trail</td>
<td>Moderate</td>
<td>7.0 mile loop</td>
<td>4 hours</td>
<td>This loop trail hikers by a spectacular several scenic overlooks. The trail visits the Blue Heron Mining Camp and its extensive exhibits. It also goes through a natural opening in the cliff known as “Cracks in the Rocks”.</td>
</tr>
<tr>
<td>13 Catawba Overlook</td>
<td>Moderate/Difficult</td>
<td>3.4 miles round</td>
<td>2-3 hours</td>
<td>Take the Kentucky Trail south at the Blue Heron coal tipple bridge 1.7 miles to the Catawba Overlook. The trail climbs steeply uphill and has several sets of steps. An optional 1 mile round-trip side trail to Dick Gap Overlook is well worth the time as well.</td>
</tr>
<tr>
<td>14 Yahoo Falls Loop Trail</td>
<td>Easy/Moderate</td>
<td>1.2 mile loop</td>
<td>1 hour</td>
<td>Provides access to and allows good views of 113 foot Yahoo Falls. The trail is easy with the exception of some very steep metal steps. The trail actually passes behind the falls under one of the largest rock shelters in the area. As with most waterfalls in the region, water volume is significantly reduced during periods of dryer weather.</td>
</tr>
</tbody>
</table>
Blue Heron was a coal mining camp and part of the Stearns Coal and Lumber Company's past operation. Today Blue Heron is an outdoor museum managed by the National Park Service. From 1937-1962 hundreds of people lived and worked in this isolated community on the banks of the Big South Fork River. Their story is the story of Blue Heron. Today, Blue Heron is also a great destination for outdoor adventurers. You can explore some of the hiking trails, float the river and even ride the Big South Fork Scenic Railway all in the same day at Blue Heron.

For additional information about the Blue Heron Community scan the QR code to the right (472 Mb).
Go Big 2019 Challenge

Big South Fork National River & Recreation Area is proud to introduce its fourth challenge designed to engage the public in health and fitness while exploring everything our national park has to offer. This year’s theme is Dark Skies and visitors will be challenged to explore one of our most valuable resources, the night sky! Until December 14, participants will earn points based on the honor system by answering questions about the nature, and history of the park that will require exploration in search of site-specific information. Points will also be given for miles hiked, biked, paddled, or equestrian-ridden. Visitors can collect a total of 100 points to earn a GO Big 2019 patch.

The GO Big 2019 Challenge is a year-long, self-paced, all-inclusive event designed to help all our visitors connect and experience the many diverse activities and areas along with the natural, historical, and cultural resources of Big South Fork NRRA.

This year’s challenge encompasses six different categories:
- Cemetery Challenge
- Wayside Challenge & Wayside After-Dark Challenge
- Trail Challenge & Trails After-Dark Challenge
- Ranger Challenge
- Birding Challenge & Birding After-Dark Challenge
- Social Media Challenge

Pick and choose the challenges that are right for you, or choose to do them all! Download your GO Big 2019 Challenge booklet at https://www.nps.gov/biso/planyourvisit/go-big-2019-challenge.htm, or pick it up at Bandy Creek Visitor Center and get started today! Remember, half the park is after dark so get ready to see some of your favorite places……at night!

We encourage you to share your adventures with us by emailing your photos to biso_challenge@nps.gov, or mail them to us at the address below. These photos may be shared on our social media sites for other participants to enjoy.

When completed, bring the booklet to Bandy Creek Visitor Center, or mail to:
Big South Fork National River & Recreation Area
4564 Leatherwood Road
Oneida, TN 37841
Attention: Go Big Challenge Coordinator

Challenge Wrap-up and Celebration
The challenge will wrap up on December 14, at 10:00 AM (ET) with a GO BIG Celebration. All visitors that participate in the challenge and are present will be recognized for their accomplishments and considered for an award in various categories.

2019 Healthy Hike Program

<table>
<thead>
<tr>
<th>LOCATION/EVENT</th>
<th>DISTANCE (MILES)</th>
<th>DIFFICULTY</th>
<th>DATE</th>
<th>TIME (EASTERN TIME)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Heron Loop Trail-Museum</td>
<td>7.4 miles</td>
<td>Moderate</td>
<td>April 20</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Honey Creek Loop</td>
<td>5.7 miles</td>
<td>Strenuous/Difficult</td>
<td>May 11</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Dick Gap Overlook</td>
<td>3.7 miles</td>
<td>Moderate</td>
<td>May 18</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Catawba Overlook</td>
<td>3.7 miles</td>
<td>Moderate</td>
<td>Every Friday in June</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Twin Arches Upper Loop</td>
<td>1.4 miles</td>
<td>Moderate</td>
<td>Every Sunday in June</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Yahoo Falls Loop</td>
<td>1.2 miles</td>
<td>Easy/Moderate</td>
<td>Every Sunday in June</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>East Laurel Overlook</td>
<td>5.6 miles</td>
<td>Easy/Moderate</td>
<td>June 1</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Middle Creek Loop</td>
<td>3.5 miles</td>
<td>Easy/Moderate</td>
<td>June 15</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>Paddle with a Ranger</td>
<td>4.8 miles</td>
<td>Easy/Moderate</td>
<td>Every Friday in July</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>O&amp;W Bridge Trail</td>
<td>4.6 miles</td>
<td>Moderate</td>
<td>Every Sunday in July</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Princess Falls</td>
<td>2.4 miles</td>
<td>Moderate</td>
<td>Every Sunday in July</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Burnt Mill Loop</td>
<td>4.2 miles</td>
<td>Moderate</td>
<td>July 13</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Blue Heron Overlook</td>
<td>2.4 miles</td>
<td>Strenuous/Difficult</td>
<td>Every Friday in August</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Angel Falls Rapids Trail</td>
<td>4 miles</td>
<td>Easy</td>
<td>Every Sunday in August</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Split Bow &amp; Bear Creek Overlook</td>
<td>1.2 miles</td>
<td>Moderate</td>
<td>Every Sunday in August</td>
<td>10:00 AM</td>
</tr>
<tr>
<td>Sunset Overlook Trail</td>
<td>2.6 miles</td>
<td>Easy</td>
<td>August 3</td>
<td>10:00 AM</td>
</tr>
</tbody>
</table>
There are no motels or rental cabins located within Big South Fork NRRA, other than Charit Creek Lodge. The lodge is located in the Station Camp Creek drainage and offers a full range of amenities including cabin and dormitory rentals, meals, restrooms and showers.

Access to the remote lodge is by foot, bike or horse only. Well-maintained hiking and horse trails lead you through interesting and beautiful places on your way to the lodge.

Pets
Pets are allowed within Big South Fork. However, in order to protect your pet and the park's wildlife, all pets must be kept on a leash (no longer than 6 feet) at all times even if you have your dog with you when riding a horse. Be sure to clean up after your pet especially in the campground.

During hunting season, a dog that is with a licensed hunter and actively following game does not have to be leashed. However, when entering a designated Safety Zone, hunting dogs must be restrained on a leash, crated or caged.

Know that some trails have steep ladders and rock ledges. Some pets may not be able to negotiate these areas without your help. Check with park rangers for trail information.

More information about outfitters may be found online at: www.nps.gov/biso/planyourvisit/permitted-commercial-service-operators.htm.
Tennessee Campgrounds

**BANDY CREEK CAMPGROUND**

93 30-amp hook-up sites—$25/night  
Five 50-amp hook-up sites—$32/night  
49 tent sites—$20 per night  
Open year-round  
Reservation system period: April-October  
Honor system period: November-March  
Phone number: (423) 286-8368  
Reservations: (877) 444-6777

All sites offer level 20’x35’ fine-graveled pads with table, fire ring, and lantern pole.  
Area-A offers 49 tent sites. Areas-B, C, and D offer 98 sites, which have electric/water hookups.  
**50-amp service is available on sites B11, C12, C32, D31 and D48.**  
Restroom/bathhouse facilities are located in Areas-A, C, and D, which have hot showers and are handicapped accessible. There are three accessible campsites in Area-A and four campsites in Area-D.

Although Area-A has no electric hook-ups on each site, RVs, pop-ups, and horse trailers are permitted in sites A1-A12. Sites A13-A49 are restricted for tents only.

Horseback riders staying at Bandy Creek Campground need to make separate reservations for their horses at Bandy Creek Stables. The stables are located a short distance across the road from the campground. Paddocks and stalls are available for rent. For more information, call (423) 286-7433.


**STATION CAMP CAMPGROUND**

24 30-amp hook-up sites—$28/night  
Reservations: (877) 444-6777  
Reservation system period: April-October

Station Camp Campground offers 24 campsites with water and electric hookups plus a tie out area for four horses on each site. The bathhouse has hot water showers.
**BLUE HERON CAMPGROUND**

45 30-amp hook-up sites—$20 per night
Open April-November
Phone number: (423) 286-7275
Reservations: (877) 444-6777

Blue Heron offers 45 sites, with one site designated as accessible to mobility impaired individuals. Restroom facilities are also handicapped accessible. There is a fire ring and a dump station provided. Although a reservation system is in place, campers are still welcome on a first-come, first-served basis for unreserved campsites. Campsite length details can be found at http://www.nps.gov/biso/planyourvisit/upload/Blue-Heron-CAMPGROUND-SITE-LENGTH.pdf.

**BEAR CREEK HORSE CAMP**

23 sites—$28 per night
Open April-November
Reservations: (877) 444-6777

Bear Creek Horse Camp offers 23 sites with water and electric hookups as well as accommodations for horses. There is a dump station provided. The bathhouse has hot water showers. Although a reservation system is in place, campers are still welcome on a first-come, first-served basis for unreserved campsites. Campsite length details can be downloaded at www.nps.gov/biso/planyourvisit/upload/Bear-Creek-Horse-Camp-SITE-LENGTH.pdf.

**ALUM FORD CAMPGROUND**

6 primitive sites—$5 per night
Open year-round
Phone number: (423) 286-7275

Alum Ford is a primitive campground and offers six campsites with a vault toilet facility. No drinking water is located at this area. Alum Ford also has a boat ramp. There are no fees to use the ramp.