



Southern & Eastern Kentucky Tourism Development Association

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EDITORIAL LEAD SHEET

Kentucky is a paradise for travelers and for the journalists who produce the destination stories that help draw visitors to the area. From the breathtaking mountaintops and secluded hollers to the wondrous waterways and off-the-beaten path communities, the Highlands and Waterways Region of Kentucky has a wealth of interesting story ideas waiting to be discovered.

One of the friendliest places on earth, Kentucky is steeped in history with a colorful spectrum of unforgettable people and places. Folks here have a way of making history come alive, of colorfully retelling the heritage that has been passed down from generation to generation. Kentuckians are proud of their heritage. They enjoy the present and look forward to the future. They invite visitors to set a spell and learn how this beautiful land was settled, the joys it offers and how it has captured the hearts and soul of so many.

No matter the interest, the Highlands and Waterways Region has a destination to enjoy that specialty. Best of all, the area has not been "done to death." A multitude of fascinating destinations are still fresh, uncrowded and unlike any others. For a welcome change of pace, y'all come. The Highlands and Waterways Region of Kentucky is waiting to be discovered by travelers and journalists alike.

Possible story ideas for your readers:

Water Wonderland

Threaded with lakes, rivers, ponds and streams, the Highlands and Waterways Region of Kentucky has more navigable miles of water than any state except Alaska. With "water, water everywhere," it is truly a water wonderland. With more than 50,000 acres of water and 1,255 miles of shoreline, Lake Cumberland is considered one of the finest pleasure boating areas in the Eastern United States.

Kentucky's major river system provides canoeing, kayaking and rafting. Paddle down a pleasant, smooth stream or test your skills on a fast-moving mountain river with

whitewater up to Class V. Some of the state's most scenic and undeveloped river sections are designated Kentucky Wild Rivers – free flowing with undisturbed shorelines and vistas. Other waterways, such as Dale Hollow Lake, are so clean, they are one of the top spots for scuba diving.

State Resort Parks

State resort parks are a welcome option after an exciting day of outdoor activities. And the word "resorts" is not a misnomer. These adventure-filled facilities offer amenities that used to be unheard of in state parks. Pine Mountain State Resort Park outside Pineville, for instance, has rooms with a private patio or balcony in a Civilian Conservation Corps lodge to enjoy the mountain views. The park also rents cottages or log cabins, some of which have fireplaces and private decks surrounded by majestic trees.

State resort parks offer a full roster of activities, such as swimming pools, fishing, boating, nature walks and horseback riding. Some even feature sky lifts, golf, outdoor amphitheaters or tennis courts. State resort parks have the additional benefit of surprisingly reasonable costs, plus wonderful dining rooms specializing in down-home cooking served at family-style buffets.

Houseboats

The Highlands and Waterways Region of Kentucky offers a huge variety of rental houseboats to choose from and a wide array of picture-perfect lakes and rivers on which to enjoy them. Renting one of these floating houses can make you feel like a million without breaking the family budget. Add up the price of motel rooms and dining out and then compare it to the cost of enjoying a houseboat. You'd be surprised at the reasonable price for a houseboat vacation.

Fishing

Fantastic fishing awaits anglers in this water world of lakes, creeks, ponds and rivers, all of which are teeming with fish waiting to be caught. Kentucky is second to none when it comes to the variety and quality of freshwater fishing opportunities. The fishing spots are legendary and the species caught is a long list of popular game fish, including muskie, striper, smallmouth bass, largemouth bass, crappie, brown and rainbow trout, and catfish. With its blue-green water, Lake Cumberland has become one of the nation's top striper lakes. Laurel River Lake is known for rainbow trout and smallmouth bass. The Cumberland River is one of the best fly-fishing rivers in the country for rainbow and brown trout. Wood Creek Lake holds the state record for largemouth bass at 13 lb., 10 oz. Dale Hollow Lake has the world record smallmouth bass catch of almost 12 pounds. The state record muskie is from Cave Run Lake, which is also known as the Muskie Capital of the South. For an extra edge in fishing, try one of the wonderful guide services available.

Music

Kentucky's music heritage is as varied as its landscape. Among the Commonwealth's musical sons and daughters: country duo The Judds, the "coal miner's daughter" Loretta Lynn, Crystal Gayle, Dwight Yoakam and many more. Kentucky even gave birth to an

American musical form – bluegrass. The new Kentucky Music Hall of Fame and Museum celebrates Kentucky's music history from small notes to major movements.

The facility is on the grounds of Renfro Valley. The old Lair Stables at Renfro Valley, listed on the National Register of Historic Places, serve as a portal to the new Hall of Fame and Museum.

Located amid foothills and on the edge of the Daniel Boone National Forest, Renfro Valley has a long musical history. The basic formula hasn't changed much since John Lair started Renfro Valley more than 60 years ago. It's the tried and true – down home, clean entertainment in a country setting. Known as "Kentucky's Country Music Capital," Renfro Valley presents music shows each week and transmits them to more than 200 radio stations in North America.

Another excellent place to hear Kentucky's musical legacy is the Mountain Arts Center, a state-of-the-art facility located in the small community of Prestonsburg. The \$7 million complex houses a 1,050-seat auditorium, classrooms, rehearsal space, gift shop and fully equipped digital recording studio. Most times, you can find founder Billie Jean Osborne somewhere on the premises. A retired music teacher, Osborne visualized the center as a showcase to spotlight the talents of budding performers. Refusing to take "no" for an answer, Osborne persevered until in October of 1996, the Mountain Arts Center was opened. The Kentucky Opry and the Kentucky Opry Junior Pros (a younger training ground for the Opry with 52 performers from 17 schools in seven different counties), finally have a permanent home and their shows are frequently sold out.

Eastern Kentucky has lots of festivals throughout the year, and these are also great places to hear traditional mountain country music. One of the best is the Poppy Mountain Bluegrass Festival, the third weekend of September. This is the largest traditional bluegrass festival in the U.S. Every major bluegrass star has appeared on the stage here.

Whitesburg is home to the creative media center Appalshop, highlighting the history, culture and social issues of Appalachia. It features a full season of cultural performances, June Appal Recordings, Roadside Theater, Headwaters Television, WMMT-FM, and Appalshop Films. For three decades, Appalshop has gained a reputation for making powerful documentaries about folk-culture figures and about social activism in Appalachia. Visitors can watch many of the videos and tour the facility. Many videotapes, as well as audio recordings of mountain country music, are available for purchase.

Country Music Highway

Maybe it's the heritage. Or it might be contagious. Whatever the reason, the Highlands and Waterways of Kentucky has produced a great many country music stars. So outstanding has the area become that a section of US 23 has been named the Country Music Highway. Entertainers who grew up here include Billy Ray Cyrus, the Judds, Ricky Skaggs, Crystal Gayle, Loretta Lynn, Hylo Brown, Dwight Yoakam, Patty Loveless and Gary Stewart.

Butcher Holler

Visitors like to find their way down dirt roads to Butcher Holler, where Loretta Lynn and Crystal Gayle grew up in a board-and-batten cabin. Lynn, the *Coal Miner's Daughter*, made the cabin famous in her song and book, which was later made into an

Academy Award winning movie. Miles of gravel dusted winding roads go past a one-room schoolhouse where husband-to-be Mooney Lynn bought a pie Loretta had made at a pie social so he could eat with her. You can see the remains of the Van Lear coal mine where Loretta's dad, Ted Webb, worked. A black rock, hand-lettered with white paint saying "Butcher Holler," leads to the wooden shack where the Webbs grew up.

Today, the old No. 5 General Store, now Webb's Grocery, is a good place to get a Moon Pie and RC Cola, pick up some souvenirs and get Herman Webb to guide you to the Butcher Holler home. Herman is most generally at the store and enjoys taking visitors to the cabin where he grew up with his sisters, Loretta and Crystal.

Romantic Getaways

For the ultimate in relaxation and romantic rendezvous, rent a luxurious houseboat and escape to another world. Or enjoy one of the lodges or cabins in the woods at state resort parks. You also can check into one of the area's beautiful bed and breakfasts for some pampering and quality time together. The Gambill Mansion Bed and Breakfast, for instance, offers candlelight, lace and the rustic outdoors. The 18-room, three-story home built in 1923 specializes in spas and romantic dinners. The mansion sits on a hill that overlooks the small town of Blaine which is reminiscent of Whistlestop in the movie *Fried Green Tomatoes*.

At the LakeView Hideaway Bed & Breakfast in Louisa, you can settle down in the evening with complimentary wine and cheese in front of a crackling fireplace in the Great Room with its cathedral ceiling. Two suites with private decks and outside entrances add to LakeView's charms.

Nestled above Colson's Cove on Lake Cumberland, the Raintree Inn has guestrooms in the main house, carriage house and old tobacco-curing barn. The name of the 1872 inn is a nod to the movie *Raintree County*, which was shot on location in the area.

Food

Kentuckians delight in serving up delectable food – from country-style cooking to regional recipes to cosmopolitan cuisine. The Highlands and Waterways Region has a huge menu of places where mountain country cooking is enjoyed like it ought to be. The distinctive regional style of mountain country cooking uses recipes shared by time and the spirit of the Appalachian people. You can have this for breakfast, lunch and dinner, usually served in small, family-friendly restaurants. Mark Sohn of Pikesville has written a book titled *Mountain Country Cooking*, a nominee for the James Beard Award. A writer, teacher, chef and host of a TV cooking show, *Classic Home Cooking*, Sohn has compiled the best recipes from the region known as Appalachia. One of Mark's favorite restaurants is the Windmill Family Restaurant in Pikeville, which serves up good home cooking with lots of local produce for breakfast, lunch, and dinner.

A secret recipe of 11 herbs and spices changed the history of the world's eating habits, naming the founder as the "Father of the American Fast Food Industry." In 1955, Colonel Harland D. Sanders incorporated Kentucky Fried Chicken, a restaurant business he began in Corbin. Today, many visit the site of the Colonel's first success at The Colonel Sanders Cafe & Museum. Near Sanders' original restaurant, the café is a careful restoration, appearing as it did when the Colonel opened for business in 1940. The museum is on the National Register of Historic Places.

In little Tompkinsville, population 1200, there are an amazing 10 barbecue restaurants, each serving up its own twist on the theme. Tompkinsville is known far and wide in Kentucky and nearby parts of Tennessee as *the* place to come for barbecue—and watch a game of marbles at the Marble Dome.

History and fabulous dining go together at the Benham School House Inn saved from the wrecking ball by some dedicated alumni and turned into a popular restaurant and comfortable bed and breakfast. The Apple Room restaurant in the 1926 building features Kentucky farm-raised trout, raised right up the road at the Southeast Community College's Aquaculture Center.

Fresh caught fish are also on the menu at lakefront resort marinas on Lake Cumberland, Dale Hollow Lake, and Green River Lake. Don't miss the fresh striper at places like Grider Hill Dock and Indian Resort Lodge.

Kentucky's state resort parks are one of the best family bargains for dining out. They have full-service restaurants serving three meals a day. Families can order off the menu or eat buffet-style. Buffets have a tremendous selection of main dishes, fresh vegetables, salads, and desserts. As much as you can eat for a nominal price.

Economical Family Vacations

Known for its friendliness and deeply rooted family values, Kentucky is a refreshing family destination featuring economical lodging, dining and recreation of all kinds. With its safety, convenience and affordability, Kentucky is one of the nation's best bargains.

The state resort parks are great for families. They're one of the best bargains anywhere in the U.S. Kids under 12 stay free, and rooms are very affordable at all times of the year. They're clean and comfortable with a range of conveniences that make life easy for families. There are lots of activities for the whole family and special programs for kids and adults.

Everywhere you look, there's plenty to enthrall, educate and excite families – and much of it is free. At area festivals, for instance, you don't have to worry about spending a fortune. Most of the entertainment is without cost, and hometowns welcome the chance to share the best they have. One of the friendliest places on earth, Kentucky's hospitality is legendary.

Daniel Boone & the Westward Movement

The legendary frontiersman Daniel Boone came through the Cumberland Gap in 1769, marking the way that would lead more than 300,000 settlers through the Cumberland Gap to make a new life in the West through the Westward Movement. That history can be traced at Cumberland Gap National Historical Park, the largest national historical park in the country with 20,305 ruggedly beautiful acres. Today, you can follow in the footsteps of Boone and see what a lasting effect he had on the region.

Social Reform

Churches, often at the instigation of newly active women members, were active in the "Social Gospel" movement at the turn of the century, helping to establish settlement schools and provide health care and poverty relief. The Red Bird Mission in Beverly is a surviving example of a mission settlement in Eastern Kentucky. The Hindman Settlement offers guided tours and is now home to the Kentucky School of Craft. Alice Lloyd

College in Pippa Passes and the Frontier Nursing Service near Hyden also offer tours. The former home of the founder of the FNS, Wendover House, is now a unique bed & breakfast inn that serves great home-cooked meals.

Affordable Golf

The three most important considerations in selecting a golf vacation site, according to the latest National Golf Foundation golf and travel study, are price, weather and location. The Highlands and Waterways Region of Kentucky is blessed with all three since its courses are generally located in scenic areas, charge reasonable rates and can be played most of the year.

Most communities have nine- and 18-hole golf courses open to the public. A new championship course at Pine Mountain State Resort Park is now open for play. The course, which opened in spring 2001, is called Wasioto Winds and was designed by internationally recognized golf course architect Michael Hurtzan. The beautiful course occupies a rolling valley criss-crossed by a winding stream and edged by Kentucky mountains. The course includes five par-three holes and five par-fives. True to the links' nature, the course is relatively flat with water coming into play from three lakes, a creek and several wetlands areas. *Golf Digest* voted it one of the top 100 new courses in 2003—number 4 in the list of affordable public courses.

What do you do with a mountain whose top has been blown for strip mining? Check out Prestonsburg for the answer. The city of Prestonsburg invested more than \$3 million to turn a useless area into an economic advantage. The StoneCrest Golf Course, a par 72 course at an altitude of 1,250 feet, is an 18-hole, championship public course with a breathtaking view of the Big Sandy Valley.

Wildlife and Forest Primeval

Thousands of acres of forests, preserves, parks and wildlife refuges provide scenic backdrops for camping, horseback riding, rock climbing, hiking, bicycling and wildlife watching. Get up early and catch sight of elk on a special nature walk or see the bison herd next to Gladie Historic Site. Hike and camp the Sheltowee Trace National Recreation Trail, a 269-mile multiple-use recreation trail that traverses the length of the Daniel Boone National Forest.

See the largest old-growth forest in the state of Kentucky at Blanton Forest. Marvel at Lilley Cornett Woods National Natural Landmark with its 90 species of trees and shrubs, the oldest pre-dating the Pilgrim's arrival at Plymouth Rock. Or sit in a dining room in a state resort park and enjoy the wildlife that can be seen outside the huge windows. The parks even have free charts to help identify the wildlife.

Scenery

Enjoy the breathtaking views of three states from the 2,440-foot perch at the Pinnacle Overlook in Cumberland Gap National Historic Park.

Called the "Niagara of the South," Cumberland Falls forms a 125-foot wide curtain that plunges almost 70 feet into the boulder-strewn gorge below. On clear nights under a full moon, when the wind and water levels are just right, a "moonbow" will appear like magic. The mist rising from the falls creates the rainbow-like phenomenon, the only one in the Western Hemisphere.

One of the tallest knobs in the Cumberland Plateau, Pilot Knob State Nature Preserve in Clay City rises 730 feet above the surrounding area. It is considered to be the place where Daniel Boone first stood and looked at the bluegrass region of Kentucky.

A magnificent natural wonderland, Red River Gorge Geological Area has more than 80 natural sandstone arches skillfully sculpted by wind and water for over 70 million years.

At Natural Bridge State Resort Park, ancient rock forms a natural arch, which is 65 feet high and 78 feet long. Known as the "Grand Canyon of the South," Breaks Interstate Park features the largest canyon east of the Mississippi.

Historic Sites

The area's rich history spans centuries, including the birth of America. One of the most important historic sites in the nation is located at Kentucky's far southeast corner. For nearly 150 years, the forbidding Appalachian Mountains had kept early colonists from Kentucky. Although Indians had used the Cumberland Gap – a natural passage through the mountain barrier – for centuries. The first white man to travel through the gap was Gabriel Arthur in 1674. It was not until 1750, however, that Dr. Thomas Walker documented its location. Then the legendary Daniel Boone came through the gap in 1769, marking the way that would lead more than 300,000 settlers through the Cumberland Gap to make a new life in the West through the Westward Movement.

From Cumberland Gap, settlers followed the Wilderness Road west. Their experience is interpreted at Levi Jackson Wilderness Road State Park and William Whitley State Historic Site. The Greensburg historic district preserves a collection of early buildings from the end of the 18th and early 19th century, including the oldest courthouse west of the Alleghenies. The 1823 Jacob Hiestand House in Campbellsville is one of 12 early German stone houses in Kentucky and reflects the experience of those settlers who came west down the Ohio River, rather than through the Cumberland Gap.

Massive stone furnaces, now sitting isolated as romantic ruins, reflect a period in the 1830s when eastern Kentucky was one of the principal sources of iron ore for burgeoning industry in the United States. The Fitchburg Furnace near Irvine and the Clear Creek Furnace near Cave Run Lake are two examples easily accessible to the public.

At the end of the 19th century the coal industry was developing in eastern Kentucky. The historic district in Lynch, which was a company town, the top of the line in 'coal camps,' preserves a good collection of stone buildings constructed by Italian stonemasons, brought to America by the company to create impressive public buildings in the new town.

The Great Revival

The Old Mulkey Meetinghouse recalls the Jacksonian era in American history when there was a new intensity in American religious life. The Great Revival (or Awakening) beginning in 1800 was a religious event of national significance that began in Kentucky. The Old Mulkey is a well-preserved log church that is now a state park and museum telling the story of The Great Awakening. Daniel Boone's sister, Hannah, was a member of the congregation and is buried in the small churchyard.

Civil War Trail

Both sides in the Civil War considered Kentucky a key to victory. Fighting raged for control of crucial mountain passes, navigable rivers and railroad junctions. The war divided Kentucky more tragically than any other state. For Kentucky, it truly was brother against brother. Civil War sites in the Highlands and Waterways Region tell the story of the Civil War and its impact on the development of our nation. Destinations include battlefields, historic homes, cemeteries, re-enactments, museums and more.

Coal Heritage

Coal mining has a strong heritage in the Highlands and Waterways Region. Coal mining in Appalachia began almost 200 years ago and you can see the tremendous mark it has left on Kentucky. Today, you can visit several reconstructed coal mining camps and museums scattered around the region. Hop aboard the Big South Fork Scenic Railway in Stearns and turn back the hands of time. There's a stopover in Blue Heron, an abandoned coal mining town where you can hear oral histories of past residents at "skeleton" locations around the old town. At Barthell Coal Mining Camp, you can visit with the Harold Koger family who brought the old mining camp back to life as a tribute to coal miners and their families. Koger himself was a miner, as were his father and grandfather.

The Kentucky Coal Mining Museum in Benham is housed in the original commissary building where exhibits trace the history of coal mining beginning with how area coal deposits were formed in the earth's crust and continuing through the growth of the local coal mining industry during the early 20th century. Once the largest coal camp in the world, Lynch is home to the Portal 31 Walking Tour that includes the original post office, railroad depot, commissary, schools, firehouse, water plant, coal tippie and mine portal.

Among other museums displaying coal mining history are the Bobby Davis Museum in Hazard, the Van Lear Historical Society Museum in Van Lear, the Breathitt County Museum in Jackson and the Stearns Museum in Stearns.

Shopping Forays

Plenty of treasures await in the Highlands and Waterways Region. Long known for its tradition of handicrafts, southern and eastern Kentucky is home to artisans who seem able to create something beautiful from almost nothing. Unique crafts can be found at many shops, galleries and festivals throughout the region. Just off the scenic Daniel Boone Parkway, Hindman is home to the Marie Stewart Craft Shop, which carries only juried items to ensure the highest quality. The Kentucky Appalachian Artisan Center on main street in downtown Hindman has a gallery and retail store providing displays and an outlet for the work of artists and craftspeople from all over southern and eastern Kentucky. The Cozy Corner in Whitesburg is the place to come for very high quality quilts, baskets and other regional folk crafts.

The Rockcastle River Trading Company on the banks of the Rockcastle River is the best gift store in the state! A little bit of the Napa Valley in the hills of Kentucky. The gardens are fabulous, too, designed by the son of the owner. The owner, Lucille Carloftis, and her husband originally founded the Indian Village in the 1950s. This was an early tourist attraction along US 25, the old route to Florida before the interstate. When her husband died, Mrs. Carloftis opened this new shop with a fabulous collection of soaps and scents, furniture, linens, gardening items, weavings and much more.

With hundreds of antique shops through the region, just about every small Main Street or country road is an antique lover's paradise. From affordable whatnots to museum quality pieces, the region offers intriguing finds. Increasingly popular are "antique malls." Nicholasville has four of these multi-dealer emporiums of the old and curious. The Lancaster Antique Market has 20,000 square feet of showrooms.

Living History

Immerse yourself in living history at Mountain HomePlace, a reconstructed 1800s Scotch-Irish farmstead right on Paintsville Lake. Visitors are lead through the historic site by costumed interpreters who explain and demonstrate old Appalachian practical crafts and folkways. Fort Boonesborough State Park has been reconstructed as a working fort complete with blockhouse, cabins and period furnishings. Resident artisans perform pioneer craft demonstrations on 18th century antiques and impart pioneer experiences to modern-day visitors.

Houseboat Manufacturers

Many folks are surprised to learn that Kentucky is the houseboat capital of the world. There are more houseboats built in Kentucky than anywhere else. At last count, there were 23 houseboat manufacturers in the state. About 80 percent of all houseboats made in America are made in south central Kentucky, most within a few miles of Lake Cumberland's shores.

For a true treat, stop by one of the top-notch companies, like Sumerset or Stardust, and see what has so many people turning into dedicated houseboaters. Houseboat popularity and production has tripled since 1990. Built from scratch, the boats are customized. Almost anything you can think of – and your wallet can afford – can be put into a houseboat. The new boats are bigger and more comfortable with amenities such as roomier bedrooms, holographic fireplaces, hot tubs and entertainment systems.

Off Beat Attractions

The Lost Squadron Museum and Hangar in Middlesboro is where the WWII P-38 "Glacier Girl" is being restored. You can view the restored aircraft and watch a fascinating video of how the Glacier Girl was recovered from a Greenland icecap.

The Marble Dome in Tompkinsville is known for Rolley Hole Marbles, played with handmade flint marbles and passed down for generations. Inside a nondescript building is a perfectly level, constantly swept, modeled clay surface. Every day local men play marbles there. Some of them are winners of the world marble championship.

The John B. Begley Chapel, designed by E. Fay Jones, the world's foremost chapel architect, is a stunning piece of architecture. All the silos in Adair County and the surrounding region inspired the design.

Camping

If it's a truly down-to-earth experience you're looking for, there's a bunch of places to plug in your RV or pitch a tent. Public and private campgrounds are as bountiful as are the scenic views and natural wonderlands for which Kentucky is famous. Full-service RV facilities offer full hookup, pull-through sites, sparkling clean laundries, showers, and restrooms, cable TV, heated swimming pools and a full slate of scheduled activities. At

Renfro Valley RV Park, for example, you are just steps away from one of the best live country music shows in the nation. While discovering Kentucky's pioneer heritage at Levi Jackson State Park, you can relax in a 146-site campground nestled in open woodland. All parts of the Daniel Boone National Forest offer generous facilities for primitive and RV camping. They even have specialized horse camps and boat-in campgrounds.

Boating

Millions enjoy America's number one family sport, and there's plenty of room on Kentucky's vast waterways for boats of all kinds – sailboats, motorboats, houseboats, pontoons, canoes and kayaks.

Bring your own or rent your favorite boat from marinas across the region. Skim over the water in a sailboat, hop aboard a powerful ski boat, enjoy a dinner cruise on the Cumberland Star, or coast along the shoreline seeking a whopper in a fishing boat.

Fall Foliage

Spectacular in every season, the Highways and Waterway Region is filled with nature's splendor in the autumn. Wooded bluffs and rock outcroppings are especially beautiful in the fall when the changing leaves paint a crimson backdrop. A patchwork quilt of colors spreads over the landscape for a quiet beauty that rejuvenates the soul.

Accommodation Values

Hundreds of properties provide a range of lodging and prices. Resorts, bed-and-breakfast inns, motels, campgrounds, state resort parks, cabins and lodges make this an affordable vacation choice.

The Highlands and Waterways Region of Kentucky has a wealth of bed and breakfast establishments. Many of them place their guests in historic settings, amid architectural standouts. And they feed them gourmet delights. Nestled above Colson's Cove on Lake Cumberland, the Raintree Inn serves a full country breakfast each morning, along with a side dish of the inn's famous chocolate gravy. LakeView Hideaway Bed & Breakfast in Louisa offers gourmet dinners as well as Murder Mystery Weekends where guests try to unravel a crime and figure out "who dunnit."

The Apple Tree Inn Bed & Breakfast in Barbourville offers luxury accommodations and gourmet breakfasts. Directly across the street, the Town Square Place Bed & Breakfast has rooms that are interestingly decorated and comfortable at the same time. The Ridge Runner Bed and Breakfast in Middlesboro comes complete with a front porch, rocking chairs, porch swings and hammocks. The Cumberland Inn Bed and Breakfast in Burkesville is dedicated to enthusiasts of fly-fishing and includes a fly tying bench and spots to perfect a skillful cast.

New Heights

The first climbing adventure park of its kind in the United States is located at Torrent Falls in Campton. Opened in September 2001, *via ferrata* is a European system of assisted rock climbing that makes climbing accessible even to beginners. The top climbing sport in the European Alps, *via ferrata* was built with the whole family in mind, with routes varying from easy to challenging.

Festivals

Celebrate everything from wooly worms to mushrooms at an abundance of area festivals. Hometown festivities abound at these family-friendly events, a perfect opportunity to gather and rejoice in a true slice of Americana. Held the first weekend in July in Booneville, Daniel Boone Days is a shining example of why the old-timey festivals continue to draw visitors, generation after generation. There are contests of many descriptions, plus old-fashioned costumes, a horse show, many types of mountain crafts and gospel singing. Festivals are a great place to hear some true mountain music as well as to feast on delicious treats. At festivals, you don't have to worry about spending a fortune. Most of the entertainment is free, and hometowns welcome the chance to share the best they have.

Country Stores

It's not certain when or where the first "country store" made its appearance, but Kentucky country stores come about as close to perfection as can be found for these old community mainstays. Pull up a wooden rocking chair by an old pot-bellied stove or rest by a checkerboard and see why country stores still survive.

Short Stop Grocery & Grill in Eolia is the perfect place to pause for a snack, catch up on the "latest" or pick up the weekly paper. Established in 1933, the C.B. Caudill Store & History Center in Blackey has carried mule feed, brassieres, bologna, soda pop, gasoline and plumbing supplies.

Mountain Roots

"It's a little paradoxical, but when you can laugh at yourself, that's a healthy sign that you can acknowledge a part of your heritage and be comfortable with it. Governor Paul Patton.

Thousands of "hillbillies" descend on Eastern Kentucky for Hillbilly Days each spring. Clad in overalls and armed with moonshine jugs, the hillbillies don't mind poking fun at the old stereotype and showing how proud they are of their true heritage. Pikeville's annual spring festival was born out of a local fundraising initiative to support Shriner's Children's Hospitals and Burn Centers. The event's recent 25th anniversary proves the festival is more popular than ever, drawing nearly 60,000 to the backwoods bash. Festivalgoers gather amid the streets of downtown Pikeville to enjoy such "hillbilly" activities as clogging and square dancing to mountain music, as well as displays of local craftsmanship.

Hatfields and McCoys

Glamorized by Hollywood and deeply imbedded in the history of Pike County, the Hatfield/McCoy feud still attracts national attention. It was love at first sight for Roseanna McCoy when she met Johnse Hatfield. Johnse also fell in love with Roseanna but the feud kept them from marriage. Roseanna died a lonely, tragic woman. The feud resulted, in part, from Civil War conflicts, romantic entanglements, family-oriented discord, property, and election disputes, mixed with mountain pride. Deaths and time brought an end to the feud.

But the legendary Hatfields and McCoys are at it again. However, this time the confrontation is a bit more amiable. The Hatfield-McCoy Reunion Festival welcomes

America's most famous feuding families. Since 2000, the legendary families and thousands of others have met in the highlands of Kentucky (the McCoy side) and West Virginia (the Hatfield side) for a fun-spirited reunion. Its success has initiated an annual regional festival held each June in Pikeville. While in town, visitors can also tour the famous Hatfield and McCoy feuding sites.

Literary Heritage

Kentucky can lay claim as the birthplace, inspiration or location of some notable literary history. Kingdom Come State Park, at the crest of Pine Mountain in eastern Kentucky, was named for the 1903 book, *The Little Shepherd of Kingdom Come*. Kentuckian John Fox Jr. wrote the popular Civil War-themed novel, believed to be the first literary work in the U.S. to sell a million copies.

Barbara Kingsolver says she grew up "in the middle of an alfalfa field" in Eastern Kentucky. She made Kentucky the setting for several of her best-selling books, including *The Bean Trees*.

Harriette Simpson Arnow was born in south central Kentucky. For more insights into the lives detailed in Simpson's popular novel, *The Dollmaker*, travel to the Coal Mining Museum in Benham.

Built in 1812, the oldest building on the Columbia public square is a hotel where Theodore O'Hara wrote *The Bivouac of the Dead* in 1847. A verse from it is inscribed at the entrances of the cemeteries in Frankfort and Arlington, Va.

The Knifley log home of the late Henry and Janice Holt Giles is now a museum commemorating the 20 books Giles wrote with characters immortalizing Kentucky history.

The Hindman Settlement School has an outstanding literary tradition that started with the early workers who wrote about the school on the forks of Troublesome Creek. Ann Cobb arrived in 1905 and remained to write sketches and dialect poems, many of which were collected for her book *Kinfolk: Kentucky Mountain Rhymes*.

Lucy Furman, an accomplished writer before coming to Hindman, published five novels about her years as housemother to the small Settlement boys and her association with the school and the surrounding area. Her novels were *Mothering on Perilous*, *Sight to the Blind*, *The Quare Women*, *The Glass Window*, and *The Lonesome Road*.

James Still, novelist and short story writer associated with Hindman for nearly 70 years, published 13 books, including his classic *River of Earth*, *Sport Creek*, *From the Mountain*, and *From the Valley*, *New and Selected Poems by James Still*.

Albert Stewart, poet and founding editor of *Appalachian Heritage* magazine, grew up on the Settlement campus. He is the founder of the Appalachian Writers Workshop.

African-American Heritage

African-American life in Kentucky had its beginnings in the Commonwealth's earliest history. An African-American accompanied Daniel Boone upon his first arrival in the new frontier in 1769. Several African-Americans later accompanied Elijah Craig's "Traveling Church" in 1781.

As a border state, there were few laws governing slavery in Kentucky. There were no laws prohibiting slaves from learning to read and write or attending religious services. Unlike other Southern slave holding states, Kentucky's African-Americans were widely

dispersed in small clustered communities, many of which continue to exist today. Thousands of black men, typically from the Deep South, worked in the coal mines of Eastern Kentucky.

During the Civil War, the Union Army turned the quiet countryside around Nicholasville into an expansive military operation involving 300 buildings and fortifications on 4,000 acres. As the third largest recruiting and training depot for African-Americans in the nation, Camp Nelson had over 10,000 black soldiers pass through the Union Army here. A refugee camp sprang up when many black soldiers brought their families with them. Since Abraham Lincoln's Emancipation Proclamation applied only to states in rebellion, volunteering was one of the few ways Kentucky slaves could become free men. Family members of these men either lived with the recruits or in hastily built shanties.

Camp Nelson Heritage Park now has 408 of the original 4,000 acres. The White House headquarters has been meticulously restored and furnished and contains artifacts recovered at the site. Plans include reconstruction of eight earthen forts and an extension of an interpretive trail.

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