



Southern & Eastern Kentucky Tourism Development Association

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ECONOMICAL FAMILY ATTRACTIONS CREATE LIFETIME MEMORIES

Family vacation memories are waiting to be made in the Highlands and Waterways Region of Kentucky. With a wealth of history, culture and recreation, the region offers opportunities to rejuvenate, inspire and strengthen family bonds. 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.

Attractions aren't just standard amusement park fare. Instead, families get a unique opportunity to see where America began, to walk in the footsteps of such legendary pioneers as Daniel Boone. Sometimes it's the simpler things that matter the most. Like watching the sun set over a lake, catching a fish, biting into a fresh-picked apple from a roadside stand, hiking in a virgin forest, and learning how to identify mountain laurel from a park ranger.

In budget-minded times, many households find that vacations and family outings are one of the first items to be cut. That's not necessary for a Kentucky adventure. Do the math and you'll be surprised at how time spent together in the Kentucky Highlands and Waterways won't empty your wallet. And it will leave memories to cherish long after those days have passed.

For many families, the exploration of this diverse region begins with a trip to a state resort park. Why are these destinations so popular? For starters, they are far more than typical state parks. The name "resort" is not a misnomer. Kentucky state resort parks have a full slate of outstanding amenities like swimming pools, tennis courts, golf courses, boating, fishing, naturalist programs, camping, horseback riding, delicious dining and comfortably decorated rooms. At state resort parks, you can do as much or as little as you like and enjoy a marvelous vacation without breaking the family budget.

Kentuckians delight in serving up delectable food, and the Highlands and Waterways Region of Kentucky has a huge smorgasbord of good cooks. Each state park has its own extraordinary treasures, plus menu favorites including generous buffets and family-style

dining. The area is blessed with a wealth of small restaurants and eateries where country cooking is served up like it ought to be and families are made to feel at home. Every small town has a friendly, affordable diner where you can get a good home cooked meal. Order off the menu or choose from the myriad of offerings at a buffet that features lots of fresh vegetables, fruits and down home dishes. Don't be shy about bringing the children. Families are important in Kentucky, and young 'uns will be made to feel welcome from the get-go.

Youngsters are fascinated to learn that Colonel Sanders really did exist. Families can eat where it all began, at the Corbin restaurant where Harland Sanders developed his famous recipe for Kentucky Fried Chicken in the 1940s. The restored restaurant/museum includes the Colonel's kitchen as it was in 1940, along with other artifacts.

The perfect place to glimpse Kentucky's rich heritage and experience some outstanding food is at the Cumberland Inn on the campus of Cumberland College in Williamsburg. Regional entrees and an abundance of the freshest vegetables are a highlight for even the most seasoned traveler. Order off the menu at the Athenaeum Restaurant or have one of the famed buffets. The popular Saturday night buffet features down home cooking. Drawing on regional recipes are menu favorites like country ham steak prepared in a cast iron skillet and served with authentic redeye gravy.

If yours is a family of outdoor lovers, then Kentucky will be your paradise. Hundreds of miles of rivers, lakes and creeks make this an ideal destination for fishing, swimming, boating, kayaking, canoeing and other water sports. With water, water, everywhere, Kentucky has more water than any other state in the union except Alaska. Whether its zooming down the water slide on a houseboat, floating down a lazy "river ride" at Kentucky Splash Water Park, or riding the waves on a pontoon boat, the wet and wonderful world of Kentucky is a sure pleaser.

And what if you simply want to take in the sights, leisurely letting the world go by? The many houseboats offer overnight accommodations or cruises. Absorbing the waterways of Kentucky aboard a rental houseboat or a pontoon appeals to the Tom Sawyer in children of all ages. Watching the changing ripples in the water, reeling in a sunfish or trout, splashing on an inner tube, or seeing the last rays of daylight color the sky are indelible sights that will be remembered for years to come. If you're looking for a shorter trip, try the Cumberland Star on Lake Cumberland where friendly folks are ready to make you feel at home on the water. The Cumberland Star is a 65-foot, double-decker boat with a partially enclosed lower deck and an upper sundeck. Sit down and enjoy the scenery while dining on delicious food on a lunch or dinner cruise.

Thousands of acres of forests, preserves, parks and wildlife refuges provide scenic backdrops for camping, horseback riding, hiking, bicycling and wildlife watching. Kentucky offers more space to breathe. Challenge yourself with rock climbing, canoeing, kayaking and white water rafting. Visit the Cumberland Gap National Historical Park and walk along the original Wilderness Road forged by Daniel Boone. Explore the underground wonders of Gap Cave (formerly called Cudjo's Cave) by lantern light. Get up early and catch sight of elk on a special nature walk near Hazard or see the bison herd next to Gladie Historic Site near Slade. Hike and camp the Sheltowee Trace, a 269-mile multiple-use recreation trail that traverses the length of the Daniel Boone National Forest. The trail is named in honor of Daniel Boone. Sheltowee (meaning Big Turtle) was the

name given Boone when he was adopted into the Shawnee tribe as the son of the great war chief Blackfish.

See the largest old-growth forest in the state of Kentucky at beautiful Blanton Forest. Marvel at Lilley Cornett Woods National Natural Landmark with its 90 species of trees and shrubs, the oldest pre-dating the Pilgrims' arrival at Plymouth Rock. Enjoy the breathtaking views of three states from the 2,440-foot perch at the Pinnacle Overlook or drive underneath the mountain through the Cumberland Gap Tunnel. Observe the variety of birds that can be watched from windows at state resort parks, most of which have free bird identification charts. Tug on "Chained Rock," hovering 1,000 feet over the town of Pineville. For children, these are the thrills of a lifetime, something they'll long remember.

If it's a truly down-to-earth experience you're looking for, there are plenty 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 and restrooms, cable TV, heated swimming pools and a tempting list of scheduled activities. Sleeping under the stars has never been as inviting as it is in Kentucky.

For those who are most comfortable with the welcoming sign of a well-known chain motel, the options available are a long who's-who list of popular facilities. Pick a well-recognized travelers rest and most likely there's one somewhere in the Highlands and Waterways Region. Or pull into one of the independently owned facilities and see the pride that individual owners take in their property. Families also will be proud to see what clean, comfortable accommodations they can secure for far less than they might pay in other vacation spots. Reasonably priced cabins and cottages also are family favorites, and many are equipped with efficiency kitchens where you can save costs by serving meals.

When it comes to heritage, there's perhaps no better place to learn than through the uncommon wealth of the commonwealth of Kentucky's many historic sites, museums and cultural centers. Learn about the area's coal mining heritage at the impressive Blue Heron or Barthell Coal Mining Camp. And getting there can be half the fun. Hop aboard the Big South Fork Scenic Railway in Stearns and turn back the hands of time. Lean back and relax on this rolling time machine, let the breeze blow away all cares and listen to a narrated scenic tour along Big South Fork, a branch of the Cumberland River. There's a stopover in Blue Heron, an abandoned coal mine company 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. Displays include photographs, mining tools, mine diagrams, items from the company hospital, a model of a blacksmith's shop, a working scale model of a coal tippie used to unload coal from mining cars, and a "mine" where visitors can put on a miner's hat to enter the cramped quarters. 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 tipple and mine portal.

Immerse yourself in living history at Mountain HomePlace, a reconstructed 1800s Eastern Kentucky farmstead right on Paintsville Lake. Start off by watching a delightful 15-minute film detailing Eastern Kentucky history. Richard Thomas, former John-Boy on *The Waltons*, whose real roots are in these hills and hollers, beautifully narrates the award-winning film. At Mountain HomePlace, you don't push a button on a machine and get a recorded spiel. Instead, visitors are lead through the historic site by costumed interpreters who explain and demonstrate old Appalachian practical crafts and folkways. Mountain HomePlace reveals past life as no history book can. You can get up close to friendly farm animals like Kate the mule, Blackie and Belle the sheep, Blanton and Rufus the pigs, Shorty and Lulu the goats, Blue the dog and Abe and Jeff the oxen. Leave time to stop by the gift shop for such unusual items as lollipops sweetened with sorghum from a mule-driven mill, and granny's fly swatters, made by putting the tongue of a shoe in a split stick. Nothing was wasted at granny's house, children are told.

In Morehead you can visit the Kentucky Folk Art Center and delight in the colorful creations of some of Kentucky's best unschooled artists—like the life-size bulldog made from gourds, the craziest walking sticks you've ever seen, folk paintings and sculptures that express the rural artists' love for their fellow men and creatures, as well as their sense of humor about their common faults. The Cave Run Storytelling Festival every September presents some of Kentucky's best storytellers with special tales to interest young and old.

You'll be swept away by the rugged beauty and frontier history at Cumberland Gap National Historical Park. The second largest historical park in the nation, Cumberland Gap covers 20,000 acres in Kentucky, Virginia and Tennessee. Pinnacle Overlook offers a panoramic view of the three states and the famous gap in the Appalachian Mountains that pioneer settlers used to open the West. The welcome center features orientation programs, a museum and gift shop. Near Boonesborough, Fort Boonesborough State Park contains a recreation of the fort built by Daniel Boone in 1775. Artisans demonstrate 18th century trades and skills April through October. Films shown in the orientation blockhouse depict the pioneers' struggle at the fort. Riverside interpretive trails pass native plants and unusual geological sites. Picnicking, fishing, boating, swimming and a miniature golf course are available.

Known as the "Grand Canyon of the South," Breaks Interstate Park has the largest canyon east of the Mississippi. It's five miles long and 1,600 feet deep. Estimated at 250 million years old, the Towers is an imposing pyramid of rock over one-half mile and one-third mile wide. Breaks Interstate Park is blessed with green woodlands and sky-scraping mountain scenery. For the folklore lover, there are stories of a vast silver fortune said to have been hidden in the Towers area by Englishman John Swift. For the history buff, there is the Pow Wow Cave near the Stateline Overlook that was used by the Shawnee Indians.

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. The water strikes with such force that a perpetual mist hovers over the valley. That is reason enough to visit the falls. But it's what sometimes happens after dark that draws so many to this 1,600-acre resort park located in the Daniel Boone National Forest. The real gem of the park requires

a full moon. 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. For an added treat, take a ride to the base of the falls on the Rainbow Mist.

Families can learn together while having fun in the Highlands and Waterways Region of Kentucky. Pine Mountain Settlement School in Harlan offers classes for all ages by reservation at an environmental education center. A mountain boarding school founded in 1913, Pine Mountain Settlement School is nestled on 800 acres of forest and farmland. In Hazard, at the Challenger Learning Center of Kentucky, visitors can "experience" science by taking a simulated space mission to study a comet or the planet Mars. The Children's Interactive Science Center at Hazard Community College makes science come alive through exhibits and demonstrations.

Music draws families together, just as Appalachian music has been doing for generations. During the summer, the hills ring with the sounds of Broadway musicals in the Jenny Wiley Theatre at the Jenny Wiley State Resort Park. At Renfro Valley in Mt. Vernon, you can share the mountain music that made Kentucky famous. The historic country music center includes two barn theaters, quaint main-street shopping village, restaurant, motel, cabins and RV park. Four different shows feature traditional and contemporary country music, gospel music and comedy. Or stop by the Mountain Arts Center in Prestonsburg for an exciting evening of family entertainment at the Kentucky Opry and catch a glimpse of the stars of tomorrow. The kids' segment has such thrilling performances as an 8-year-old singing acappella *Blue Moon of Kentucky* and 20 little fiddlers belting out *Rocky Top*.

Celebrate everything from woolly 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 such as baseball throwing, horseshoe pitching and archery, 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, such as roasted corn on the cob, fresh-made strawberry ice cream, slow-simmered barbecue and soup beans with cornbread. 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.

For fun in the sun, families flock to the Hal Rogers Family Entertainment Center in Williamsburg. Home of Kentucky Splash Water Park, the center thrills visitors with its 18,000-square-foot wave pool, 900-foot lazy river, 6,000-square-foot kiddy activity pool and 40-foot slide complex that includes two family slides and one body slide. The center also has an 18-hole championship miniature golf course, go-kart track with kiddy track, batting cages, outdoor playground and arcade.

Everywhere you look, there's plenty to enthrall, educate and excite families – and much of it is free. Loading up the car and heading out on a family vacation is as American as the proverbial apple pie. And Kentucky has a way of tugging at family heartstrings as the perfect vacation spot without the expensive price tag. Every family album is more complete with vacation photos from this beautiful region. In Kentucky,

you'll feel at home no matter where you're from. One of the friendliest places on earth, Kentucky's hospitality is legendary. Most of all, the Highlands and Waterways Region of Kentucky is a place for today's families to relax and have fun together, to expand their minds, to share their own stories and to make memories for generations to come.

Memories are made of this. Unforgettable family adventure choices include:

~ In Slade, the Kentucky Reptile Zoo has numerous live reptile exhibits including more than 90 species of snakes, lizards, reptiles and alligators. The zoo also offers live reptile presentations, guided tours and educational lectures.

~ Red River Historical Museum in Clay City has artifacts from the area's iron, logging and railroad industries, along with music boxes, blacksmith tools and a reconstructed log schoolhouse.

~ Mountain Wander Kayaks in Edmonton can arrange exciting trips on the Cumberland River or Dale Hollow Lake.

~ The Big Rock outside Manchester in Rawlings & Stinson Park has ancient markings believed to be writing dating back to 400 B.C.

~ Pine Mountain State Resort Park became Kentucky's first state park in 1924. Overlooking the valleys of the Kentucky River State Forest, Pine Mountain features a lodge with private balconies overlooking the forest, hiking trails and other activities. After the Laurel Cove Amphitheater was constructed in a natural cove within the forest, the Mountain Laurel Festival was moved here in 1935. The event unfolds each spring on the last weekend in May when the mountain laurel is blooming in all its finery.

~ 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. Besides the view, the area has wildflowers, ferns and hiking trails.

~ Davidson's Riding Stables and Tack Shop in Jackson features guided and non-guided trail rides.

~ The Cola Bottling Company in Greensburg is one of the few independent bottling companies still operating in Kentucky. In business for more than 75 years, the company bottles Ski, Double Cola and other drinks. Tours are offered, even for visitors just stopping in off the street. While in Greensburg, visit Brenda's Place, home of the "slawburger" made famous by the country music group, the Kentucky Headhunters, in their song *Dumas Walker*. The slawburger, french fries and a Ski are a winning combination.

~ 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. The gorge area has the largest concentration of rock shelters and arches east of the Rockies. A 30-mile driving loop takes you past scenic overlooks, by the Red River and through Nada Tunnel, which was hand cut in 1910.

~ At Natural Bridge State Resort Park, ancient rock forms a natural arch that is 65 feet high and 78 feet long. Take the scenic skylift or a one-half mile hike from the park. The 2,200-acre park sits in the Daniel Boone National Forest.

~ The Bad Branch State Nature Preserve in Whitesburg contains Kentucky's largest concentration of rare and endangered wildlife inhabitants. The rugged forest surrounding a deep gorge features a breathtaking 60-foot waterfall plunging into massive boulders.

~ Known as the "Niagara of the South," Cumberland Falls State Resort Park has a 68-foot drop that spans 125 feet wide. Cumberland Falls also features a rare moonbow – the only one in the western world where, on a clear night under a full moon, an arch of white light appears like magic. Colors can be seen in the moonbow in winter months. The park also has an Olympic-size pool, hiking trails, gift shop, restaurant and horseback riding.

~ Dr. Thomas Walker State Historic Site in Barbourville contains a replica of the first pioneer house in Kentucky, built by Dr. Thomas Walker, who led the first documented expedition through the Cumberland Gap in 1750. The site also offers miniature golf, picnic facilities and a gift shop.

~ The Kingdom Come State Park in Cumberland has majestic scenic overlooks and Raven's Rock, a huge slab of stone that juts nearly 300 feet into the air at a 45-degree angle. The park also has primitive camping, hiking trails, pedal boats, fishing, miniature golf and a gift shop.

~ Beginning outside Harlan, the unchanged mountain scenery of the Little Shepherd Trail looks much today as it did in the era when John Fox Jr. penned his famous novel, *The Little Shepherd of Kingdom Come*. Hikers, riders or motorists wanting to get away from it all will love this 30-mile scenic mountain road meandering along the top of Pine Mountain.

~ The Levi Jackson State Park in London commemorates the pioneers who settled Kentucky and traveled the Wilderness Road, which ran through the site of the park. Visitors may walk on portions of the historic trail or visit McHargue's Mill, a fully operational, restored gristmill, which has one of the world's largest collections of millstones. The park also offers a swimming pool with waterslide, miniature golf, hiking and picnic shelters. Just outside the park are bumper boats, go-carts and miniature golf.

~Kinlee Stables Riding Center in London has trail rides, riding lessons, petting zoo, romantic sunset buggy rides and hay rides in horse-drawn wagons.

~ A restored isolated Appalachian farmstead that flourished during the first half of the 20th century, Hensley Settlement in Middlesborough is on view along the Ridge Rail on

Brush Mountain. The settlement is accessible via a four-mile hike, while three-hour shuttle tours are available during the summer.

~ Sheltopee Trace Outfitters in Whitley County offer guided white water rafting, fishing and canoe trips on the North Fork or South Fork of the Cumberland River below Cumberland Falls and on the Rockcastle River.

~ The Cumberland Museum on the Cumberland College campus in Williamsburg features the Henkleman Life Science Collection with more than 2,000 animals mounted in their natural settings, the Williams Cross Collection with more than 6,000 crosses, Blair's Christmas Land filled with animated Christmas figures, and exhibits of Appalachian crafts and Appalachian lifestyle.

~ Built in 1804 during a period of religious revival, Old Mulkey Meetinghouse State Historic Site in Tompkinsville is the oldest log meetinghouse in Kentucky. Many Revolutionary War soldiers and pioneers, including Daniel Boone's sister, Hannah, are buried in the churchyard. The log structure was built with 12 corners in the shape of a cross and three doors, symbolic of the Holy Trinity.

~ Perched high on a bluff overlooking a 28,000-acre lake, Dale Hollow Lake State Resort Park offers comfort amid a backdrop of unspoiled wilderness. There's great fishing here, as well as boating, scuba diving, swimming and 13 miles of multi-purpose trails for hiking, horseback riding and mountain biking.

~ With more than 60,000 acres of water and 1,255 miles of shoreline, Lake Cumberland State Resort Park is one of the finest fishing and boating areas in the Eastern United States. Lake Cumberland is reputed to have more bass, walleye and crappie than any other lake in America. The Lure Lodge boasts an indoor swimming pool, exercise room and hot tub. The smaller Pumpkin Creek Lodge is a peaceful and quiet retreat. Even more secluded are the park's Wildwood Cottages in wooded settings.

~ The first brick home and circular racetrack in Kentucky, William Whitley House State Historic Site in Stanford was completed in 1794 by pioneer William Whitley and his wife Esther. The two-story estate, known as Sportsman's Hill, is a mixture of frontier elegance and elaborate precaution – concealing a secret passageway for escape should the house be invaded by Indians.

~ An unusual chapter in African-American history unfolds just south of Nicholasville at Camp Nelson Heritage park. The site of the third largest recruiting and training depot for African-Americans during the Civil War, Camp Nelson is where many slaves got their first taste of freedom. More than 10,000 black soldiers were recruited to the Union quartermaster camp in exchange for their freedom. An interpretive trail winds through the site. An on-going archaeology site, Camp Nelson is reputed to be the best-preserved Union Army supply depot in the nation. Living history events take place the last weekend in April and the first weekend in September.

~ Visit the Lost Squadron Museum and Hangar in Middlesboro where the World War II P-38 "Glacier Girl" is being restored. You can view the restoration in progress or watch the fascinating video of how the plane was recovered from a Greenland icecap.

~ Buckhorn Lake State Resort Park is a mecca for nature lovers, anglers and families who just want to get away from it all. Curl up next to the lodge's copper-hooded fireplace or enjoy the mountain scenery from your private balcony. A favorite side trip includes a visit to the Buckhorn Log Church, built in 1927.

~ Red River Outdoors near Slade is a family owned and operated guide and outfitting business in the Red River Gorge. Services include climbing lessons, guided climbing trips, canoe trips, caving and hiking.

~ The Mountain View Drive-in Theater in Stanton invites visitors to step back in time, spend an evening under the stars and watch a movie at this old-fashioned drive-in theater.

~ Southeast Community College's Aquaculture Center in Lynch shows how rainbow trout are farm raised. The trout are available on the menu at the nearby Benham School House Inn.

~ Rockcastle Adventures Canoe Livery near London offers lake and river canoe trips for both advanced and beginner. Other services include hiking and caving trips.

~ Oakwood Acres near KcKee is a recreated early 20th century village with homes, schools and other buildings.

~ The Mennonite community south of Liberty features markets and craftspeople.

~ The Wolf Creek National Fish Hatchery at the west end of Lake Cumberland near the dam allows visitors to see the interesting world of trout.

~ Minor E. Clark Fish Hatchery is a state-run facility on Cave Run Lake that also allows visitors to tour facilities breeding bass, walleye, and muskellunge.

~ Valley View Ferry, stretching across the Kentucky River from Nicholasville, is just as operational today as it was in 1785. And it's free.

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