



## **Rushing Rivers and Fall Foliage Welcome Outdoor Adventurers to Kentucky**

*From Thrill Seekers To Family Travelers, The Bluegrass State Has It All*



**KENTUCKY, October 2019:** Kentucky's vast forests, rushing rivers and pioneer spirit make it the ultimate outdoor adventure destination this fall. From one of the most challenging white-water rafting routes in the United States to peaceful wildlife viewing, Kentucky offers something for everyone, from the thrill seeker to the family traveler.

"From the peaks of Daniel Boone National Forest to the caverns of Mammoth Caves, Kentucky is the ultimate destination for a fall getaway," says Jay Hall, Acting Commissioner of the Kentucky Department of Tourism. "The state's immersive cultural events, fantastic scenery and welcoming people ensure the trip of a lifetime."

Below, is a selection of outdoor adventure, activities and events from around the state.

### **White Water Rafting, Russel Fork River**

Russel Fork is one of the most challenging stretches of commercially runnable whitewater in the United States. Its class IV and V+ rapids are only considered passable in the late fall when the John Flannagan Dam releases water. Five to ten-foot drops in the river have earned it names like "Tower Falls," "Triple Drop," and the infamous "El Horrendo," which is the biggest commercially run waterfall in the country. Expert guide services are also available to lead rafting trips. For more information, please visit:

[www.kentuckytourism.com/the-4-best-spots-to-go-whitewater-rafting-in-kentucky/](http://www.kentuckytourism.com/the-4-best-spots-to-go-whitewater-rafting-in-kentucky/)

### **Canoeing, Mammoth Cave National Park**

Mammoth Cave National Park may be known for the largest mapped cave system in the world, but its fall transformation above ground is just as stunning as its caverns below. The thick green woodland transitions in autumn and canoeing along the Green River reveals a vibrant corridor of color. The underground world of the park also changes as a variety of specialty tours allow access to special parts of the cave. For more information, please visit: [www.nps.gov/macaplanyourvisit/fall-schedule.htm](http://www.nps.gov/macaplanyourvisit/fall-schedule.htm)

### **Hiking and Rock Climbing, Red River Gorge**

Red River Gorge, part of the Daniel Boone National Forest, offers a myriad of trails that immerse hikers in a sea of fall foliage as the forest is awash in color. The area is especially known for its rock climbing, as hundreds of routes of all difficulty levels invite travelers to try their hand climbing the limestone cliff faces. For more information, please visit: [www.kentuckytourism.com/red-river-gorge-national-geological-area/](http://www.kentuckytourism.com/red-river-gorge-national-geological-area/)

### **Camping, Land Between the Lakes**

America's largest inland peninsula is also a premier destination for fall boating, fishing and wildlife viewing. A 3.5-mile driving loop allows easy viewing of elk, bison and countless native birds, while the Golden Pond Planetarium offers a 40-foot dome theatre for fascinating astronomy shows. From the Fenton Campground campers can launch a boat in Kentucky Lake and enjoy some of the country's best crappie fishing. For more information, please visit: [www.kentuckytourism.com/camping-at-fenton-campground-in-the-land-between-the-lakes/](http://www.kentuckytourism.com/camping-at-fenton-campground-in-the-land-between-the-lakes/)

### **Mountain Biking & Cycling, The Parklands of Floyds Fork**

Located just outside of Louisville, The Parklands of Floyds Fork is a network of five parks with extensive biking and hiking trails as well and beautiful picnic areas and peaceful paddling routes. The Turkey Run Park mountain biking trails include the Chinkapin Trail, which has a backwoods feel through an upland forest, and the Wild Hyacinth Trail, which takes riders through forests, waterfalls, bottomlands and meadows. For more information, please visit: [www.theparklands.org/Parks/Turkey-Run-Park/35/Trails-Turkey-Run-Park](http://www.theparklands.org/Parks/Turkey-Run-Park/35/Trails-Turkey-Run-Park)

### **Elk Viewing Tours, Jenny Wiley State Resort Park**

Elk were reintroduced to Kentucky in 1997 and the population is thriving, with an estimated 10,000 elk in the state alone. Knowledgeable guides lead these tours on crisp autumn mornings, discussing habitat and wildlife protection efforts with guests while searching for the beautiful herds. Elk Tour packages are available with lodging, dinner for two and an elk tour for two. For more information, please visit: [www.parks.ky.gov/calendar/details/jenny-wiley-state-resort-park-elk-viewing-tours-2019/96410/](http://www.parks.ky.gov/calendar/details/jenny-wiley-state-resort-park-elk-viewing-tours-2019/96410/)

### **Golf at Dale Hollow Lake State Resort**

Consistently ranked as one of the top ten courses in Kentucky and ranked ninth on Golf Advisor's 2018 list of top course layouts, Dale Hollow Lake offers 18 holes of rolling scenic fairways. Designed by Brian Ault, this stunning par 72 course offers a challenge for players of every level. For more information, please visit: [www.parks.ky.gov/parks/resortparks/dale-hollow/](http://www.parks.ky.gov/parks/resortparks/dale-hollow/)

### **Fall Bluegrass Concert Series: October 5 – November 30**

The Bluegrass Music Hall of Fame and Museum is hosting a fall concert series throughout October and November featuring music by The SteelDrivers, Della Mae, The Grascals and more. Series tickets are available for all six shows and museum admission can be bundled for a discounted rate. For more information, please visit: [www.visitowensboro.com/event/fall-bluegrass-concert-series/?instance\\_id=114257](http://www.visitowensboro.com/event/fall-bluegrass-concert-series/?instance_id=114257)

### **52<sup>nd</sup> Annual KY Guild of Artists & Craftsmen Fall Fair: October 12-13**

The Kentucky Guild of Artists and Craftsmen is the state's oldest guild of juried artists. This annual fall fair features 120 artists, hand-crafted visual art and fine Kentucky-made crafts, and it as a time-honored tradition in central Kentucky. For more information, please visit: [www.visitberea.com/calendar/ky-guild-of-artists-craftsmen-fall-fair-2019-juried](http://www.visitberea.com/calendar/ky-guild-of-artists-craftsmen-fall-fair-2019-juried)

### **37th Annual Salt Festival at Big Bone Lick: October 18-20**

This three-day festival transports visitors back to the pioneer and frontier living era. Reenactments such as a blacksmith working a red-hot iron, spinning bison hair into yarn and flintknappers making a stone point will fascinate all ages. Folk and bluegrass music, hand-crafted items and delicious eats will make this weekend as cheerful as it is educational. For more information, please visit: [www.parks.ky.gov/calendar/details/37th-annual-salt-festival-at-big-bone-lick/76946/](http://www.parks.ky.gov/calendar/details/37th-annual-salt-festival-at-big-bone-lick/76946/)

**Bernheim Forest ColorFest: October 19-20**

The colorful autumn landscape provides the backdrop for a weekend full of fun and family-friendly activities including the pumpkin launch, hay maze, mud pies and hayrides. The Bernheim Forest is the largest privately held forest block in the eastern United States, and its vast beauty is also home to the curious Forest Giants in a Giant Forest sculptures. Visitors also can enjoy live music, hands-on nature activities, local foods and Kentucky arts and craft vendors. For more information, please visit:

[www.bernheim.org/plan-your-visit/come-to-an-annual-festival/](http://www.bernheim.org/plan-your-visit/come-to-an-annual-festival/)

**About Kentucky**

[Kentucky](#) offers a world of outdoor adventures, vibrant arts scenes, fascinating cultural heritage, expansive distilleries and micro-breweries, and an explosive culinary scene. From legendary Horse Country and the grandstands of America's most storied thoroughbred racing tracks to the Kentucky Bourbon Trail, Kentucky invites you to come and explore. For information, please visit <http://www.kentuckytourism.com>. Follow us on social media: [Facebook](#), [Twitter](#), [Instagram](#).

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