

Cliff View Notes

Cliffview Resort

www.CliffviewResort.com

606.668.6222

www.RedRiverGorgeZipline.com

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*Your Vacation Respite in the
Heart of the Bluegrass State*

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Vol 4 No. 4 News and Notes For Cliffview Owners, Employees, Friends and Visitors June 2014

The Cliffview Retreat

This is the newest addition to the ever-growing facilities at Cliffview Resort.

This new Retreat has 11 bedrooms and other accommodations that add up sleeping for fifty guests.

The kitchen can accommodate two "chefs" prepping meals at the same time with double appliances and many, many square feet of floor and counter space. Two hot tubs, a 15 seat media room, three verandas and a host of other luxury amenities makes this a unique Four Star yet Rustic lodging. The Retreat is ideal for corporate and church retreats, family reunions and weddings. For more info see the back page.



This Month's Birthdays

We are celebrating three birthdays this month. Don Shackelford, born on the 5th, has been with the Zipline since day one and is without a doubt one of the most valued and well liked guides. He's also a pretty handy guy to have around since his abilities are so diverse. We think he can do anything!

Nancy Griffin, born June 20th is also a valued member of our Zipline and Resort family. She's been here making people glad they came for almost as long as Don. If Nancy can't answer your questions, accommodate almost any request, it probably has to do with something as obscure as KFC's secret eleven herbs and spices!

Patty Fox, celebrating on June 3rd, works as a reservation specialist at Red River Gorge Cabin Rentals. According to her coworkers and many Rental guests, "Patty is one of the nicest people I've ever met!" Happy Birthday to all of them.

The "New" Daniel Boone Trading Post & Deli

The renovations at the Daniel Boone Trading Post are finally complete and the store has re-opened on Rt. 11!

Edna Hager operated the store for over 40 years and retired in December selling the store to Nancy & Paul Hamann. The store had to be upgraded to meet new building codes and so Nancy & Paul remodeled it and made it into a deli/coffee shop, retail and souvenir store.

The coffee is organic, fresh roasted and extremely good; they serve cappuccinos, lattes, espresso; it's not just average coffee. *Still, a great cup of coffee is only \$1.50!* They also serve fresh salads, wraps and sandwiches, as well as fresh fruit. Each is made daily and intended to be "Grab and Go", so hikers and campers can just grab some "eats" and be ready for the hike.

The store also stocks some frozen food items that may interest cabin renters and local residents. There are items not generally found in the area such as marinated salmon, crab cakes, turkey burgers and chicken sausages. Healthy choices for the grill! Of course, traditional convenience store items are stocked in the store such as pop, snacks, candy, water and bread.

Future plans include a farmers market and homegrown or homemade items that local residents may want to sell. They are trying to be "Kentucky Proud" and so would like local artisans to contact us by stopping in at the store. The store inventory will change and soon have more camping gear, hiking gear, apparel and some limited climbing gear.

A grand opening will be planned for later in the summer when all the staff is fully trained and all the inventory is in the store. They hope to have announcements in the local newspapers for the Grand Opening.

Cliff View Notes

Is the official newsletter of
Cliffview Resort,
Campton, Kentucky

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We gratefully acknowledge the information and assistance given us by the State of Kentucky Parks Department and the staff of the Natural Bridge State Park especially Brian Gasdorf, Park Naturalist. And thanks to the staff of the Natural Bridge State Park's newsletter, the *Natural Bridge Hiker*.



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HELPFUL WEBSITES & PHONE NUMBERS

State Facilities

Natural Bridge State Resort Park General Information

(606) 663-2214 or 1-800-325-1710 (reservations) 2135 Natural Bridge Rd. Slade, KY 40376 Trail map & descriptions, park laws and regulations, lodging, camping, group meeting facilities, group programs
"Natural Bridge State Resort Park is hiking, arches, exploring, scenery, reflection, and making memories."

www.parks.ky.gov/findparks/resortparks/nb

Kentucky State Nature Preserve Commission

www.naturepreserves.ky.gov

The Skylift (606) 663-2922

www.naturalbridgekyskylift-and-giftshop.com

Red River Gorge National Geological Area (606) 663-8100

www.fs.fed.us/r8/boone/districts/cumberland/redriver_gorge.shtml

Gladie Cultural-Environmental Learning Center (606) 663-8100

www.fs.fed.us/r8/boone/districts/cumberland/gladie.shtml

Red River Gorge Trail Crew (Volunteers) www.RRGTC.com

Leave No Trace – Outdoor Ethics www.Int.org

Kentucky State Parks - Create your own Experience.

www.parks.ky.gov Become a KYSP fan at:

<http://www.facebook.com/pages/Kentucky-State-Parks/152588316577>

Private Facilities

Cliffview Resort Wendy & Jim Blasdell 606.668.6222 or 668-6534
www.cliffviewresort.com 455 Cliff View Road, Campton, KY 41031

The Lodge is available for groups, weddings and retreats.

Also available is the 8,000 sq foot Assembly Hall

Red River Gorge Zip Lines 855.ZIP.TOUR (855.947.8687)

www.redrivergorgezipline.com

Scenic Cabin Rentals 606.668.6487 www.sceniccabin.com

Paul Hamann 513.378.8716

Nancy Hamann 513.919.7150

Red River Gorge Cabin Rentals 606.668.3272

www.redrivergorgecabinrentals.com

Ian Teal 513.284.2332

Cliffview BBQ & Brews Restaurant 606.464.0608

Cliff Notes Jenny or Jerry Ison 865.674.6740

Email stories, ideas, suggestions, news to: jerry@jerryison.com



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Safe Hiking in Cliffview and State and Federal Forests of the Red River Gorge Geological Area

- * **First and foremost, the Boy Scouts are right- Be Prepared!**
- * The Mountains are known for unpredictable weather. Check the weather forecast for the area.
- * Plan your hike--know about the area and how to get there. Get detailed maps.
- * Take enough food, clothing, and equipment to keep you comfortable for at least another day and night longer than planned in case of emergency.
- * Notify others of where you will be, and when you plan to be home, in case someone needs to find you - or - you need to be found! When hiking in Cliffview, notify the office when, where, expected return time and your room or cabin. If we don't hear from you we can check.
- * If you are a beginner, contact local outfitters or camping and hiking locations for a general check list of needed equipment. It's a very good idea to have a comprehensive Red Cross approved First Aid kit
- * Take a cell phone with a fully charged battery. Make certain there is service in the area you will be then turn it off until you need to place a call. Download a GPS app and friends and family can track your progress and always know exactly where you are. In areas with no service, inexpensive walkie-talkies are a reasonable alternative .
- * Always bring waterproof matches or a couple of Bic lighters.
- * A loud whistle is another good idea. It can be used to attract attention and may be a good way to convince an unwelcome animal to leave the area.
- * If hiking in an area bears are known to habituate, make some noise while hiking. Sing, clap your hands, talk, whatever. Bears don't like to be surprised and if they know you're approaching, they'll go the other way.
- * Remember, you're a guest, be courteous and appreciative.
If you carry it in, please carry it out!
- * Take only pictures; leave only footprints and leave those only on **designated trails and areas**. Remember, when you're enjoying any federal area, guidelines forbid the taking of even a pebble from national parks.
- * Never, ever cut a live tree for firewood or any other reason.
- * Be respectful of your state and national forests -- keep the trees and shrubs alive and growing.
- * If hiking with Fido, always keep your dog on a leash no longer than 6 feet.

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General Store

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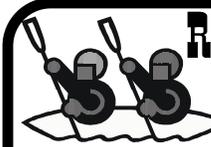
606-663-3710



Red River Adventure

Canoes, Kayaks & Campground
Canoes - \$50 Kayaks - \$35 Day
Riverside Campground \$5 Person

606-663-5258
Or 606-663-1012
RedRiverAdventure.net



Things To Do In The Red River Gorge Area



- Many opportunities for pond fishing, pay lake, river fishing, lake fishing. Some ponds do not require fishing license.
- Daniel Boone Coffee Shoppe & Deli. Gourmet coffees and groceries 606-663-2549
KY Rt 11 near Slade Exit 33 15 minute drive.
- Natural Bridge State Park, Lodge & Sky Lift: www.parks.ky.gov/resortparks/nb/index.htm
- Red River Gorge hiking, rock climbing: www.fs.fed.us/r8/boone/
- Cave Run Lake boat rentals, swimming beach: (606) 784-9666. 1 hour to Cave Run Lake.
- Horseback riding trails, horseback riding at Hatchers Creek Ranch-Beautiful 400 acre horse farm. Guided trail riding available 606-359-1317- www.hatcherscreek.com
- Lunch & Dinners Available onsite at Cliffview BBQ and Brews. Daily specials.
- Wild Things of Kentucky Reptile Zoo & Gem Mining KY Rt. 11 Slade 859-577-0277 15 minutes.
- Gift Shops: Daniel Boone Trading Post 606-663-2549; Boone Forest Gift Shop 606-663-4834; Ye Ole Country Peddler 606-663-2683. All on KY Rt 11, 15 minute drive.
- Kayaking and Canoeing: www.redriveradventure.net 606-663-1012
- Rock climbing, rappelling, kayak rentals, camping: Ash Cave Rappelling 606-369-0511 10 minutes.
- In-house Massage & Manicure available with orders of 2 or more massages. 859-595-6388
- Kentucky Tourism & Vacation Guide: <http://kytourism.com/> www.tourseky.com
- Via Ferrata Rock Climbing Park: Great for beginners, must be 10 yrs old. 606-668-6441 torrentfalls.com 5 Minutes.
- Hiking Trail Guide and Descriptions. Great for beginners. www.redrivergorge.org.
- Drive In Theater Stanton, KY. Open April-September. 606-663-9988, 30 minute drive. .
- ATV Park - Clay City, KY Mountain Parkway Offroad Park 606-663-1028.
Must be 16 to drive, 12 to ride. 35 min drive.
- Peddler's Mall Open Year Round. Stanton and Winchester.
Gifts, Arts & Crafts, Antiques, Flea Market. 25 minutes.
To Stanton is a 25 minute drive; Winchester is an hour's drive.
- Blue Grass Music - Meadow Green Park in Clay City - 25 mins.
Open Weekends. Call 606-663-4787 for show times.
- Beech Fork Golf Club in Clay City - 606-663-9479 30 minutes.
- Sag Hollow Golf Course in Booneville 606-593-4653 40 minutes.
- Beattyville Public Golf Course. Off Rt. 52 in Beattyville, KY about 30 minute drive.

**** Drive times are from Cliffview Resort to the listed activity/attraction/event.

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606-369-0511 ashcave1.com



Cookin' with Jenny (Baked) Fried Chicken



Baked Fried Chicken

INGREDIENTS

- 2 cups all-purpose flour
- 1/4 cup paprika Smoked paprika is best!
- 1 tablespoon salt
- 2 tablespoons pepper (or more to taste)
- 1 tablespoon ground mustard
- 1 tablespoon dried thyme
- 1 teaspoon ground ginger
- 1/2 teaspoon dried oregano
- 2 eggs
- 1/2 cup milk Whole milk or for a bit of tang, buttermilk.
- 1 (3 1/2) pound broiler-fryer chicken, cut up
- vegetable oil

DIRECTIONS;

Optional Brining: If you wish, can skip this step and just increase the amount of salt to 2 tablespoons, but brining the chicken will result in a juicier, more tender chicken after baking.

To brine: add 1/3 cup table salt to a gallon of water. Place the whole chicken in the brine and let sit in the refrigerator for an hour per pound. Rinse, let air dry in refrigerator for an hour.

In a large bowl, combine the first eight ingredients; mix well. (You can double, triple or even quadruple these amounts and store this mixture in an airtight container in a cool dry place for up to 1 year.)

To prepare chicken: Cut into pieces: drumsticks, wings, thighs and split breast. Place about 3/4 cup of coating in a large re-sealable plastic bag.

In a shallow dish, beat eggs and milk together.

Dip chicken pieces into egg mixture, then place in the bag; seal and shake until coated.

In a large skillet, heat 1/2 in. of oil over medium-high heat. A cast iron skillet works best at maintaining the temperatures as additional pieces are added. Brown chicken on all sides; remove to a greased 13x 9x2 inch baking pan.

Bake, uncovered, at 350 degrees F for 50-60 minutes or until juices run clear.

Yield: 6 - 8 servings.

Did You Know That....

The ice cream cone was invented at the 1904 World's Fair by an enterprising ice cream vendor. When he ran out of cups, he sought the help of a nearby waffle vendor, and the rest is history.

The three most popular flavors of ice cream sold in the United States are vanilla, ones with candy pieces mixed in, and chocolate.

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Cliffview Retreat

Now open, the newest member of the Cliffview family! Cliffview Retreat is an 11 bedroom luxury log home that will accommodate up to 50 people. Our luxury lodge will feature: 11 bedrooms each with flat screen televisions (10 bedrooms have king beds, 1 bedroom has 2 queen beds in bunk bed format), each room has a futon that converts to bed plus 2 pull out sofas in den areas that convert to beds, 11 bathrooms, 2 hot tubs. For enjoying the view, there are two expansive decks with gliders, reclining chairs and tables for sitting and eating. The giant stainless steel kitchen has two of every appliance; refrigerators (1 up and 1 downstairs), stoves, microwaves and dishwashers. Expansive granite kitchen counters. The dining room and eating area seats 26! For indoor fun there is the game room with pool table and foosball table, multiple seating areas with flat screen televisions; for business or church presentations, there is the theatre room with seating for 13 or more. The Retreat has central heat and air and a full size washer and dryer along with easy access and parking. The Cliffview Retreat is the perfect setting for corporate retreats, church groups, family reunions and of course, weddings because that is what we designed and why there was so much attention to details and the meticulous incorporation of amenities that best serve those needs.

Now accepting reservations...call and make yours today! 888-869-1284 606-668-6222.

4th of July Celebration

Looking for a fun and exciting way to celebrate July 4th this year? Look no further! Bring the whole family and come celebrate our nation's birthday at Cliffview Resort! Call and ask about our 4th of July Pig Roast and Bluegrass Package. - *Only 16 Available* - Call today for more information: 888-869-1284.

The G3 10K Challenge

Do you enjoy nature and cross-country runs? How about obstacle courses, marksmanship challenges? The G3 10K Challenge may be the most complete event that you will ever have the opportunity to participate in! The G3 10K Challenge is a 6.2 mile trail run in eastern Kentucky's beautiful Red River Gorge. The G3 10K, will consist of 12 of the most challenging obstacles you can endure. After completing the run, the participants may choose to compete in a marksmanship challenge. This optional event will include: SOG axe throwing, pistol, and rifle shooting. No prior knowledge or experience is necessary to compete in the marksmanship portion of the G3 Challenge. Instructors will assist anyone who may need help or have questions.

After the challenges, participants will be invited back to the Cliffview Resort lodge for prizes, awards, food and beer! Date: Saturday, October 4th 2014 Place: Red River Gorge (Cliffview Resort) Cost: \$120 person Hosted by Decisive Action, Red River Gorge Zipline Tours, and Cliffview Resort. Call today for more information or to register, 606-668-6222.

The Rugged Red

Kentucky's Inaugural Trail Half-Marathon deep in the heart of the world-famous Red River Gorge! Saturday, September 6th, 2014. This will be a rugged, 13.1-mile trek through some of the Daniel Boone's most awesome and grueling trails. This course is very challenging; racers should all have trail running experience before the day of race! For more information or to register please go to <http://www.ruggedred.com/register.html>. Contact us at Cliffview Resort for special race weekend deals and promos available at Cliffview Lodge and Red River Gorge Zipline, 606-668-6222.

Grocery & Restaurant
Mon - Sat - Closed Sun
Breakfast Till 11am

606.668.3580



WHISMAN'S HITCHIN' POST

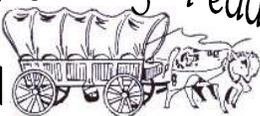
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