Cliff View Notes

Cliffview Resort

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Vol 7 No. 1 ***News & Notes For Owners, Employees, Friends & Guests*** ***March** 2017*

Zipping the Rupp - Red River Gorge Fun

What happens when you combine the use of one of sport's most famous venues in the known universe with a most thrilling adrenalin packed adventure? Well, we like to call it Zipping the Rupp!

For the fourth year now, the **Red River Gorge Zipline** strung two lines across the most hallowed of Basketball arenas to allow hundreds of folks the opportunity to experience the rush of excitement only a Zipline flight can provide.

This is our way of letting so many experience one of the many adventures awaiting in Kentucky's most exciting and beautiful family vacation destination, the amazing Red River Gorge Geological Area. People who live for fun and exciting adventure all agree after their first visit to the Gorge, there's no place better!

That is why so many return year after year. And each visit is a brand new experience, because the Gorge has so much variety to offer. There is an activity suited to any age and inclination. There is everything from primitive camping to five star accommodations. Corn dogs to gourmet meals.

Outdoor activities range from a snooze in a hammock to Zipping high over the forests at 55 miles per hour.

New Really Big, Big News!!

Joyce Belcher is our new Executive Director of Cliffview Resort and Red River Gorge Zipline. Joyce is a native of Lee County and excited to be back in her hometown area. She graduated from Lee County High school. She retired from the University of Kentucky with over 25 years of experience in Administrative and Hospitality Management.

Joyce has two sons and four grand daughters. Joyce is excited to continue her career in her new position at Cliffview, as Executive Director.

February & March Milestones

Since we didn't print in February we're catching up now.

February Birthdays:

Jennifer Brandenburg in housekeeping celebrates on the 4th

Guide *Hunter Clifton* does so on the 11 th

Cliff View Notes Publisher *Jennifer Ison* opened her eyes and smiled (I'll bet the farm on that!) on the 20th

March Birthdays

Allen Bickford, Our Jack of All Trades , Crackerjack Maintenance Maven (He gave me $5 to say that!) on the 24th

Happy News

Things are really hoppin' 'round here! We are fast becoming one of the East's most popular vacation destinations.

It seems that Eastern Kentucky vacations and weddings are not just summer events any more.

We have almost capacity occupation even in February. Why? Well, if you really want the answer, you'll just have to stay with us one night. We're betting you'll want to spend another and book a slot for an encore visit. That is why we are growing so rapidly. First time guests quickly become repeat guests. They enjoy the terrific and unique beauty of the area, the very friendly and welcoming local folks as well as the wonderful accommodations and service afforded them by the quiet, country comfort of our facilities. The extra special courteous and dedicated staff of Cliffview Resort and our Red River Gorge Zipline makes each guest feel like a welcome friend.

We're certain you're gonna fall in love with Cliffview Resort and the unique and beautiful Red River Gorge Area.

Ya'll come see us!

Cliff View Notes

Is the official newsletter of
Cliffview Resort,
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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*.

Cliffview Notes is published monthly for the entertainment of Cliffview Resort Guests, Owners, Visitors, Staff and Friends.
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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.lnt.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 & Cliffview Retreat 606.668.6222
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Paul Hamann 513.378.8716 **Nancy Hamann** 513.919.7150
Red River Gorge Cabin Rentals 606.668.3272
www.redrivergorgecabinrentals.com
Thrillsville 844.CLIMBHI (844.254.6244) Thrillsville.org
Ian Teal 513.284.2332 **Sandy Teal** 859.409.0024
Cliff Notes Jenny or Jerry Ison 865.674.6740
Email stories, ideas, suggestions, news to: jenny@jerryison.com

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Things To Do In The Red River Gorge Area

- **HillTop Pizza:** Pizza, Salads, Subs, Spaghetti, Lasagna. *Delivery to Cliffview available*. 606.464.9990 2034 Hwy 11N Beattyville. Approx 20 minutes south.
- **Daniel Boone Coffee Shoppe & Deli:** Gourmet Coffees, Deli Foods, Camping Supplies 606-663-2549 Natural Bridge Road (KY Rt. 11) near Slade Exit 33 15 minute drive.
- **Thrillsville Aerial Adventure Park:** 1/2 Mile south of Exit 33 on KY Rt 11, Slade, KY For more info click onto Thrillsville.org or call 844.CLIMBHI (844.354.6244) 15 minute drive
- **Natural Bridge State Park, Lodge & Sky Lift:** Camping, Hiking, Rooms, Fine Dining parks.ky.gov/resortparks/nb/index.htm
- **Red River Gorge Hiking, Rock Climbing:** fs.fed.us/r8/boone/
- **Cave Run Lake: B**oat Rentals, Swimming Beach: (606) 784-9666. 1 hour.
- **Wild Things of Kentucky Reptile Zoo & Gem Mining:** KY Rt. 11 Slade 859-577-0277 15 minutes.
- **Daniel Boone Trading Post:** 606-663-2549; Natural Bridge Rd (KY Rt 11) 15 Minutes
- **Ye Ole Country Peddler:** 606-663-2683. KY Rt 11, 15 minute drive.
- **Red River Adventure:** Kayaking and Canoeing redriveradventure.net 606-663-1012
- **Via Ferrata Rock Climbing Park:** Great for beginners 606-668-6441 torrentfalls.com 5 Minutes.
- **Ash Cave Rappelling:** Rock Climbing**,** Rappelling, Camping: 606-369-0511 10 minutes.
- **Massage & Manicure:** In-house available with orders of 2 or more massages. 859-595-6388
- **Kentucky Tourism & Vacation Guide:** http://kytourism.com/ tourseky.com
- **Hiking Trail Guide and Descriptions:** Great for beginners. redrivergorge.org.
- **Peddler's Mall:** Open Year Round. Stanton and Winchester. Gifts, Arts & Crafts, Antiques, Flea Market. Stanton is a 25 minute drive; Winchester is an hour's drive.
- **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 606.356.4199 30 minutes
- **Gorge Underground:** A Unique Waterborne Family Adventure *On The Water, Underground!* Kayak and Pontoon Boat Tours 844-354-6244 Thrillsville.org 15 Minutes

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

If a **Holiday Party, *any Party*, Family Reunion, Corporate Meeting, Church Retreat or Wedding** is on your to-do list, go ahead and check it off. We have the perfect solution to party planning from catering to lodging to activities. The **Lodge at Cliffview** will sleep 64. The 7000 square foot **Activity Center** seats up to 250 and has a fully equipped commercial grade kitchen. Our newest Lodges, the **Retreat** and **Lakeside** will each sleep up to 50. Both have double appliance kitchens and technically compatible theater style media rooms.

Call 606.668.6222 for details.

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March - ing Into Springtime

Lots of fun things are happening in March, number one of which is Spring!

Spring is such an anticipated season and even seeing or hearing the word tends to perk up the spirits. That phenomenon has not gone unnoticed by scientists, physiologists and health care professionals.

Over the years, there have been many studies on the effects of temperature, amount or lack of sunshine and length of days. Every study done has shown the same conclusion; a conclusion we really didn't need clinical study to arrive at.

Everybody already knows that more sun, warmer weather, longer days and blooming plants make us happier than cold, ice, gloom and bare trees.

So, with that in mind, we offer some suggestions on how to maximize what we call the "Spring Effect".

There is no better way to enjoy the sunshine and newly emerging greenery and spring flowers than to spend time in the Red River Gorge Area, especially here at Cliffview Resort. We have the Lodge at Cliffview, with enough beds to sleep sixty-four guests in total serene country comfort. There are two smaller facilities that are perfect for family reunions, wedding parties, corporate and private retreats. Each can sleep up to fifty persons in the same serene comfort as the main Lodge. In addition, separate rental companies, manage such a wide variety of cabins one is bound to suit any guest's needs.

Now, how to best enjoy what the Resort has to offer? How 'bout flying above it! Oh yeah, how could one do that, you may ask. Well, I'll tell ya. Airplanes fly too high and too fast. Helicopter are too noisy and way too expensive. Hot air balloons would be nice, but there's none to be found.

Hmm. What to do? What to do?

♪♪ *Well zip a Dee do dash, zip a Dee day.* ♪♪
My, my, my We have the very best way

Yes, there is no better way to enjoy this area than zipping around the Resort on the Red River Gorge Zipline. Not only is there that adrenalin pumping' thrill, but you have a unique view of the Gorgeous Gorge that can not be enjoyed any other way.

The Zipline course consists of five lines, each one a bit longer and higher than the other. We start you out low and slow, letting the excitement level build to the climactic and spectacular finish at over 300 feet above the Gorge. It is, in a word, *absolutely, unbelievably awesome!!* Okay, maybe three words.

Also, when you're not Zipping, there are plenty of other activities in and around the Red River Gorge.

Just off the Mountain Parkway at Slade exit 33 is:

Thrillsville Aerial Adventure is fun for all ages! Explore the Gorge from a new point of view. Climb the 50 ft. high rock wall, walk on tight ropes, cargo nets, and many other elements, before zipping over 200 ft. back to the ground.

Explore the Underground is an hour-long guided trip through an abandoned mine. The guides work to educate the guests about the types of rock throughout the mine and the uses of those rocks. It is around 55 degrees inside so bring a light jacket. All equipment needed is provided, which includes kayaks, helmets, life jackets, paddles, and headlamps. Right now, max group size is 12 people. Price is at $49.99 a person, but they have offered discounted rates in the past and there will continue to be deals and discounts throughout the seasons. The age limit is 3 and up. Please call ahead to book tours, 606-481-3462.

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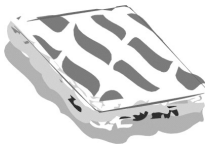
Grasshopper Bars

No, I'm not talking about a tavern for insects! These are delicious confections with a touch o' the Green.

1 cup + 1 Tb. flour
1 cup sugar
16 oz. Can chocolate syrup
½ cup butter, softened
4 large eggs
½ tsp. baking powder



Beat all ingredients till smooth, pour into 9 X 13-inch pan. Bake 25 to 30 minutes. Top may appear wet when done. Cool completely. (You also may make your own Brownies.) Spread mint cream (recipe below) on cake. Freeze for 15 minutes. Pour chocolate topping (recipe below) over mint topping. Chill.

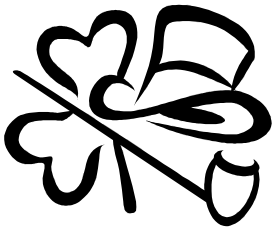
Mint cream: 2 cups powdered sugar
1Tb. Water½ cup butter, softened
½ tsp. mint extract
3 drops green food coloring
Beat until smooth.

Chocolate topping: Melt 6 Tbs. butter, 1 cup chocolate chips until smooth.
Spread on brownies.
Note: I sometimes *double* the recipe for the topping.

New "Irish Style" Chicken Breasts

We've modified an orange- bourbon recipe to make it 'a wee bit Irish'.

2 boneless, skinless Chicken breasts
6 tablespoons Butter
1/2 teaspoon Salt
1/2 teaspoon Pepper
12 oz. Orange juice (frozen -concentrate), thawed
6 tablespoons Irish Whiskey



Buttered Almonds
1/2 cup Almonds, slivered
2 teaspoons Butter
1/2 teaspoon Salt
1/2 teaspoon Black pepper

Preheat oven to 425 degrees F.
Melt butter in heavy, iron skillet. Let cool, but not solidify. Place breasts in skillet, skinned side up, coat chicken in butter and season with salt and pepper. Form breasts into compact shape about 1 1/2 inches thick by tucking edges under. .
Bake at 425 degrees F, basting occasionally, until meat registers 190 F, about 15 minutes. Keep chicken warm while preparing almonds and sauce.
Sauté almonds in butter until lightly toasted. Sprinkle with salt. Let cool to crisp.
Add orange juice concentrate to drippings in skillet; stir over high heat until reduced by 1/3. Stir in whiskey; heat through. Stir in remaining salt and pepper; pour sauce over chicken. Sprinkle with the almonds. Serve with a cold glass of green beer and sides.

While you're enjoying your time in the Gorge, you may wish to ad a huge adrenalin rush to that great new experience so...

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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 contact you. Let them know when you return.
* 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 and manual.
* Take a cell phone with a fully charged battery. Make certain there is service in the area you plan to explore
* Download a GPS app so 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 and a knife of some kind.
* A loud whistle is another good idea. It can be used to attract attention if 'confused' and may 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 usually 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, keep him on a leash no longer than 6 feet.

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