

Cliff View Notes

Cliffview Resort

Owners and Operators of
Cliffview Lodge, Cliffview Retreat
And Cliffview Lakeside
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Heart of the Bluegrass State

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Vol 8 No. 1 Winner of TripAdvisor's Certificate of Excellence Award for 2013, 2014, 2015, 2016 & 2017! March 2018

View From The Cliff by Joyce Belcher Resort Executive Director

Planning Your Next Retreat

It's getting the time of year again when everyone is looking forward to Spring. Families are planning spring break retreats, corporations are planning their annual work retreats and new brides are in search of that perfect place to have their big day.

Here is a checklist that may help you when deciding the best place to ensure your event will be an awesome one for you and your guests.

Make sure the venue of your choice has the dates available to fit your schedule. Once you get your date confirmed, you are ready to start planning.

Choose the location that will provide the perfect atmosphere for your type of event. The right setting plays an important role in having a successful experience for your guests.

Don't forget your guests want to eat during the retreat. Whether you choose catering or plan to prepare a fun meal together as a group, make sure to choose a location that has everything you need for your meals.

Once you find that perfect location, be certain the cost is something that is line with your budget. Always call and talk to a reservationist. They can help you plan your lodging needs.

Be sure to check us out here at Cliffview Resort when planning your next retreat. We offer the perfect location whether you are looking for a quiet relaxing retreat, or an outdoor adventure of hiking and simply enjoying the outdoors. Let us handle your lodging and meal needs. All you need to do is book your dates and show up ready to have an awesome event for you and your guests.

Call us today and get your dates confirmed at (606) 668-6222.

Electrifying News!

We have three Tesla Charging Stations, one of which is universal. Now you can recharge your Tesla, Prius, Leaf, Volt, or any electric or hybrid car while enjoying unforgettable time in the Gorge zipping, hiking or just napping. And, we offer this service to anyone, you do not have to be a guest at Cliffview.

Oh yeah, I almost forgot - you can charge absolutely free! Uh huh. Free!

February Birthdays:

CVN Publisher **Jenny Ison** - 20th Guide **Mahalla Kash** - 24th
Operations Manager **Rick Belcher** - Valentine's Day 14th

March Birthdays:

Guide **Nate Lair** - 5th Maintenance "Wizard" **Allen Bickford** - 24th

Nancy Griffin is extremely proud to announce the birth of her 4th grandchild and the 1st granddaughter! **Mackensley Raelynn Griffin** was born on January 18, 2018 weighing 6 lb and 12 oz. She has a head full of black hair and dark blue eyes :) Granny Nancy thinks she is gorgeous!

We would like to say thank you to **Rachel Shouse** and **Mahalla Kash** for helping out at the lodge each week!



We Have A New Innkeeper

Shelly Hunt, is a native of Buffalo, NY and a barbecue pit-master. Shelly has enjoyed exploring the Red River Gorge and all that the area has to offer. Having worked in numerous hospitality positions for several well known resorts and clubs, she anticipates another busy Cliffview Lodge season. Shelly is excited about meeting new friends as well as welcoming our many guests who return to the Lodge every year. Shelly is also looking forward to her first experience *Zippping Away!*

We Have A New Lead Guide.

Jarod Carter matriculated at Morehead State University where he studied Biomedical Sciences. After college, he moved to the gorge from his hometown of Inez, KY. He then accepted a position as a guide at the Red River Gorge Zipline. Now, as the lead guide he has more responsibilities and works with management and the guides to ensure a safe and eventful tour for our Zipline guests. In his free time, Jarod enjoys rock climbing at various crags found around the gorge and hiking the many local trails of the area. You can usually find him enjoying the sun with his dog **Remi** every chance that he gets.

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 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

www.cliffviewresort.com 455 Cliff View Road, Campton, KY 41031

The Lodge, The Retreat and lakeside Lodges are available for groups, weddings and retreats. Also available is the 8,000 sq foot Reception Hall

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

606.668.6222 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

Thrillville 844.CLIMBHI (844.254.6244) Thrillville.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: jerry@jerryison.com

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Things To Do In The Red River Gorge Area



- **Breakfast All Day!** Carson's General Store & Café
1746 KY Rte 715 North 4 miles Across from Rogers Elementary Open 7 Days a week
- **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.
- **Thrillville Aerial Adventure Park:** 1/2 Mile south of Exit 33 on KY Rt 11, Slade, KY
For more info click onto Thrillville.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/
- **Ash Cave Rapelling:** Rapelling, Hiking, Climbing, Camping 606.369.0511 10 Minutes
- **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.
- **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.
- **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 Thrillville.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 **Reception/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.

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Thrillville.org

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

The hiking season is now in full swing. Hundreds, thousands of folks from all over the country regularly visit Cliffview Resort and the Red River Gorge Area to enjoy nature's bounty. There is no better way to experience all the area has to offer than to hike the hundreds of trails in federal, state and private lands than hiking. We want everyone to have the best hiking experience possible and leave the area with fond memories and beautiful pictures and videos. To make the experience fun, informative and safe we offer a few hints and some do's and don'ts.

- * **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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The Red River Gorge Geographic Area



Now that you are here, a little about the Red River Gorge. The Gorge history dates back more than four hundred million years to when Africa slammed into North America creating the Appalachian Mountains.

Millions of years later sediment washed down from Pennsylvania and formed the sandstone that is the defining feature of the gorge cliffs. These cliffs are unique and are the reason the Gorge is one of the most highly regarded areas for climbing with 3,000+ clifflines in the Daniel Boone National Forest alone.

Just after the Glacier retreated about 12,000 years ago, people moved into the Gorge. Those people are known to archeologists as the Paleo Indians. At that time, the weather was cooler and the gorge was mostly covered with evergreens. Woolly mammoths, giant bison and mastodons were plentiful and hunted by these early people using only spears tipped with stone points. It is believed they hunted by stampeding those large beasts over cliffs.

These and later groups of ancient people had the gorge to themselves for about ten thousand years. Around four hundred years ago, they began trading with Europeans and 100 years later the area became the state of Kentucky. Three hundred years later, we arrived, constructed the Resort and the Zipline and the rest, as they say, is history!

So, get out there and experience the joy of the Gorge. Take a hike, climb a cliff, Zip through the beautiful forests, catch a fish (but be sure to release it unharmed), grill some burgers, whatever. Don't let this opportunity to appreciate one of Nature's finest examples of her best work pass by.

While you and your family are enjoying this handiwork, remember there will be others to follow and they too would love to experience the Gorge in it's natural and as pristine state as did you. The rule is simple, leave nothing behind except footprints (*And please, leave those only on designated trails*), take nothing but photographs and pleasant memories

Kentucky Lucky



"If you're lucky enough to be in the mountains, you're lucky enough!"

That's a phrase you hear a lot around the Red River Gorge Area. Not only is that the absolute truth, but it gets even better if you're an "outdoorsy person".

Yessir it does. Not only do we have the most beautiful scenery in existence, we also have great weather which makes all outdoors enjoyable year round. We have some of the best and most diverse hunting, fishing, hiking and water sports opportunities in America; everything from whitewater rafting to lazy evenings listening to the crickets and mockingbirds.

The rivers and streams are teeming with trout and bluegill, maybe the two tastiest game fish to be found. Since you pull 'em from the fast running cold mountain waters, they are original "organic" food.

We have wild turkeys and deer so plentiful you may spot either or both almost anywhere.

If you're a birder, this is definitely the place to be. Here in Eastern Kentucky, there are at least 200 species of birds. An afternoon of sippin' sweet tea out on one of the verandas of the Lodge, Retreat or Lakeside is an opportunity to enjoy 30 or more without getting up from the swings.

Take a quick drive up into the Natural Bridge Resort Park and there's a chance to glimpse 100 or more additional species in one afternoon. Many can be observed while enjoying fine dining in the Sandstone Arches Restaurant.

When you decide to ditch the car or bicycle, we have the best trails for hiking you've ever, well, hiked!

Stop in the office for a map of some of the hundreds of hiking trails in the Gorge.

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It's (Almost) Spring!

Time for Easter, Baseball and... Fishin'!

Kentucky offers great opportunities and access for anglers. Cast a lure for smallmouth bass among the limestone bluffs and shoreline forests of Lake Cumberland. Catch bragging sized crappie from the state's nationally ranked Kentucky and Barkley lakes. Test your fishing tackle on a hefty blue catfish in the Ohio River. Or downsize your gear and flick a tiny fly for trout in a pristine mountain stream.

Kentucky's mountains and undulating terrain have spawned a wealth of water: Here you'll find more than 62,000 miles of fishable streams and 40 public lakes exceeding 100 acres. Look to our *Where to Fish* page where more than 850 public and private boat ramps offer you access to prime fishing spots. If you don't have a boat, bank access options include the popular Fishing in Neighborhoods program. This includes dozens of specially stocked small lakes near cities – perfect for a day of family fun.

The waters of the Commonwealth also support active and valuable commercial fisheries. From catfish to paddlefish caviar, Kentucky commercial fishers provide a variety of products for consumers.

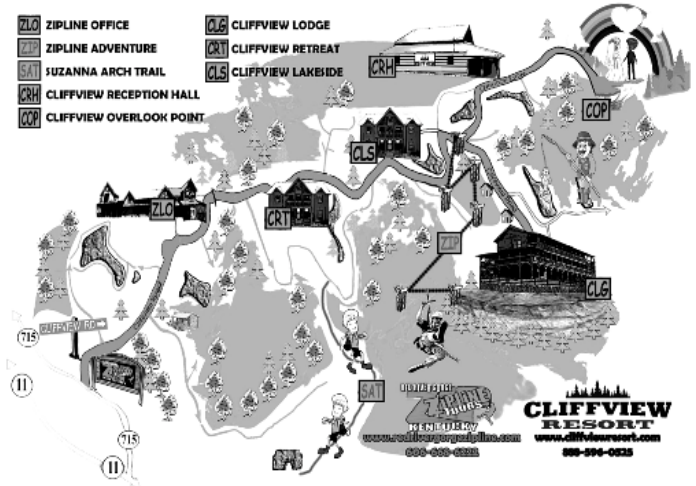
To help keep fishing great, Kentucky stocks 7 million fish a year and actively manages sport and commercial fish populations across the state. Our fisheries management team is constantly working to monitor and improve Kentucky's aquatic heritage. Explore the link below to discover the wealth of fishing opportunities in Kentucky.

Or just Google "Kentucky Fishing".

<https://fw.ky.gov/fish/Pages/default.aspx>

Article courtesy of the

Kentucky Dept of Fish & Wildlife Resources



Three Forks Historical Center Museum

Hwy 11 - Beattyville, KY
Hours: Mon-Thur 10 am - 2 pm
Sat 10 a.m. to 2 p.m.

Other times by appointment.

Call 606-464-2888 or 606-567-5136

An amazing collection of antiques, from farming, oil fields, household, military,

moonshine stills and more. The recently added Veteran Hall is probably the most impressive section of the museum. There is a nice combination of graphics, like wartime posters and pictures and tangible objects, like sabers, badges and even uniforms. Each uniform has a name and was donated by that soldier's family.

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