

# Cliff View Notes

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Vol 8 No. 2 Winner of TripAdvisor's Certificate of Excellence Award for 2013, 2014, 2015, 2016 & 2017! April 2018

### View From The Cliff by Joyce Belcher Resort Executive Director

#### Rock Climbing -It's Increasing Popularity

Why is rock climbing becoming so popular among folks today? Rock climbing has always been a favorite of the avid outdoor adventurer but today it is growing more popular among all age groups. Rock climbing caters to almost any age, fitness level and abilities.

Both the mind and body benefit from rock climbing. These benefits are part of what makes this activity so popular. One's back, abdominal and leg muscles will benefit greatly from climbing.

Climbers are motivated to eat healthy to be in good physical condition for their climb. Climbing allows the mind to escape from the everyday stresses of life, enjoy the beauty of nature that surrounds them and focus on the challenge of mastering the climb.

If you ask a rock climber "why do you love climbing?", they will tell you that it has helped them build confidence, trust and gain a sense of accomplishment.

These are traits that we all need to help us succeed in our lives.

Whether you are a beginner or an expert rock climber, you will enjoy rock climbing in The Red River Gorge, known as being the largest climbing Mecca east of the Mississippi.

#### 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!

#### April Birthdays:

For Reservation Specialist **Rachel Shouse** - April 24th is the *Biggie* - She's turning 21!!

Executive Director **Joyce Belcher** - April 27th

#### Welcome To New Housekeepers

**Hannah Raye Ingram**, was born in Lexington and raised in the hills of Beattyville. She is attending cosmetology school, and spends time enjoying church, community service, and family and friends.

**Tamila Ingram**, Tammy, is Hannah's daughter. She enjoys the simple things in life and spending time with her family. Church is a big part of her life.

### The Joy of April

The occasional warm day in March is to assure us that winter is about to give up. It's almost over at last. These warm days also serve to stimulate the anticipation of spring. They say, "April and May are coming!"

April and May are wonderful months, even with all the rain. The Resurrection months.

Life returns to the woods and meadows. Birds once again sing their joyous songs of Spring while searching for just the right partner. The newly born are now beginning to explore and learn of the wonders to come.

While March is the month of fresh promise and birth, April is assurance those promises will be fulfilled. With all March promises, even with May's blooming, I love April most of all.

With April there is no longer a worry that one of winter's unspent days will bring the cold and ugly back. April is promise fulfilled. April brings the rich, real colors of growing life. Finally there is food for nature's families again. The heavy scent of jasmine and honeysuckle mixes on the warm breezes.

The days now have a proper ending. Dusk lingers and slowly allows night to come. The nights are now just cool. not cold any more. Courtship has successfully ended and nests have been built. Proof of the Master's Plan is to be seen everywhere. All is right and proper.

Life is assured once again.

J. Ison

# Cliff View Notes

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Cliffview Resort,  
Campton, Kentucky

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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](http://www.parks.ky.gov/findparks/resortparks/nb)

### Kentucky State Nature Preserve Commission

[www.naturepreserves.ky.gov](http://www.naturepreserves.ky.gov)

**The Skylift** (606) 663-2922

[www.naturalbridgekyskylift-and-giftshop.com](http://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](http://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](http://www.fs.fed.us/r8/boone/districts/cumberland/gladie.shtml)

**Red River Gorge Trail Crew (Volunteers)** [www.RRGTC.com](http://www.RRGTC.com)

**Leave No Trace – Outdoor Ethics** [www.lnt.org](http://www.lnt.org)

**Kentucky State Parks - Create your own Experience.**

[www.parks.ky.gov](http://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](http://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](http://www.redrivergorgezipline.com)**

**Scenic Cabin Rentals 606.668.6487 [www.sceniccabin.com](http://www.sceniccabin.com)**

**Paul Hamann 513.378.8716 Nancy Hamann 513.919.7150**

**Red River Gorge Cabin Rentals 606.668.3272**

[www.redrivergorgecabinrentals.com](http://www.redrivergorgecabinrentals.com)

**Thrillville 844.CLIMBHI (844.254.6244) [Thrillville.org](http://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](mailto:jerry@jerryison.com)*



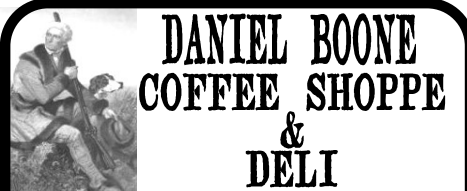
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## Things To Do In The Red River Gorge Area



- **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.
- **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](http://parks.ky.gov/resortparks/nb/index.htm)
- **Red River Gorge Hiking, Rock Climbing:** [fs.fed.us/r8/boone/](http://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](http://redriveradventure.net) 606-663-1012
- **Via Ferrata Rock Climbing Park:** Great for beginners 606-668-6441 [torrentfalls.com](http://torrentfalls.com) 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](http://tourseky.com)
- **Hiking Trail Guide and Descriptions:** Great for beginners. [redrivergorge.org](http://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  
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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 **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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## 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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## Spring! Spring! Spring! by Jerry Ison

Spring! Ah Spring! I love Spring, I love the word Spring. I love every little thing about Spring. To me, it is the beginning of a new, wonderful and beautiful period that is all too brief.

*"Spring.  
How do I love thee,  
let me count the ways..."*

Sorry Em.

Wow, was I waxing poetic or what? Well, the truth is I really do feel that way about Spring. As you can see, as far as I'm concerned, I think Spring is so important the word must be capitalized.

Spring is the time of rebirth, new life. Spring is when you finally realize that dreadful, unbearable cold winter is over. And, you'll have to admit, this past winter was so very, very bad, maybe even a record setting one. To me, that is a serious hardship because, even a mild one, is just not my cup of tea.

Another thing that makes Spring so attractive to me is that it is made up of the "female" months, April, May and June.

Some sources say Spring months are March, April and May, but I disagree. Since Spring is the time between the vernal equinox (March 20 - 22) and the summer solstice ( June 20 - 22) only one week of March and at least three weeks of June fall into that time frame. Based on that reasoning, March is really a winter (yuck) month and June is really a Spring (Yay!) month.

The word Spring may have come from the Dutch or German, *springen*, which according to my very German friend, Ernst Wahl, means to move quickly. You know, schnell! And that's very appropriate 'cause, in case you hadn't noticed, things do move or happen very quickly in the Spring.

As soon as the sun starts to warm the ground, plants shoot out of the earth. In some cases, they grow so fast, unwary insects are actually caught inside. This is especially true of mushrooms like the elusive and delicious morel.

Another, archaic, definition of Spring is the dawn or dawning as of day or light. I like this one too, because for many living things it is indeed the dawning of a new day, the dawning of new life.

Then of course there's the celebration of the Resurrection, Easter, the most important event on the Christian calendar - and - in spite of the changing calendar date for celebrating Easter, it is always in the Spring.

All in all, It's a fact - Spring is *the* thing!

## First Aid To Go

*Take the Sting (and Ouch, Itch and Pain)  
Out of Outings*

Spending time outdoors with your family can be rewarding. It also can be painful at times. Cuts, scrapes, insect bites and sunburn are more likely to happen as you spend more time in the great outdoors. One simple precaution is to have a first aid kit readily available. The basic first aid kit should contain the following:

- \* Band-Aids of various sizes.
- \* 4"x 4" Gauze pad (Won't stick to the wound).
- \* Cloth tape
- \* Tweezers
- \* Needle
- \* Pair of scissors
- \* Rolled elastic gauze
- \* Triple antibiotic cream
- \* Matches or disposable butane lighters



- \* First aid hand book The American Red Cross's "Standard First Aid and Personal Safety" is recommended .
- \* A small Swiss Army knife with a blade, scissors, tweezers and file is an excellent tool to keep in your first aid kit.

You may want to supplement the kit with the following:

- \* Bottle of isopropyl alcohol
- \* Bottle of 3% hydrogen peroxide solution
- \* Insect repellent
- \* Non-aspirin pain killer (Tylenol or equivalent).

One other area of consideration when taking the family on outings, especially if you are going to be in a wooded area, is your children getting lost. Equip each child with a whistle on a chain or lanyard so it can be worn around the neck. Teach them to "hug a tree".

Most times when children are lost by wandering away from the trail or camp, they are very near when found. They would be found much quicker if they didn't move about. If they stop and stay in one place, they will be found much sooner, so tell them to stop, hug a tree and blow the whistle at intervals.

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## Kentucky's "Great Lakes"

Kentucky's "great lakes" are a haven for many thousands of boaters, skiers, anglers and other water sports enthusiasts who return to these jewels year after year, especially during warm summers when they enjoy cool breezes and refreshing dips in the clear waters. Boating, skiing, swimming and personal water craft are a great source of recreation and entertainment in these lazy summer months. Open regattas, drag boat races, and poker runs are scheduled throughout the year.

Western Kentucky's Barkley and Kentucky lakes total a whopping 220,000 acres of water. The shoreline of Lake Cumberland is nearly equal to the Pacific Coast of the continental United States. All three are among the biggest manmade lakes in the eastern U.S.

Boating, America's number one family sport, is enjoyed by millions, and Kentucky's lakes attract many of these recreationers from surrounding states. Boat rentals are readily available at the many marinas that dot the shorelines, and there's plenty of room on Kentucky's vast waterways for a great getaway. Plentiful boat ramps and access sites make it easy to bring your own watercraft.

Lake Cumberland is considered the nation's top house boating destination, with rentals of these relaxing and luxurious vessels available at several marinas around the lake. Float the pristine waters and relax, surrounded by the sounds of nature. Along with house boating come skiing, jet skiing, tubing, fishing, and leisure boating.

The lake is famous for striped bass fishing. Stripers in the 40 pound range are caught on a regular basis. The state record 58 pound striped bass was caught here.

You can fish for other varieties of bass including large mouth, as well as crappie, bluegill, catfish, walleye and more.

Located 70 miles south of Lexington, this scenic lake covers over 63,000 acres with more than 1,200 miles of federally protected shoreline. It is an ideal spot for all types of water sports, camping, hiking and more. Lake Cumberland is located near the cities of Jamestown, Russell Springs, Cumberland City, Monticello, Mill Springs and Somerset.

Each year Dale Hollow Lake provides recreational opportunities to thousands of visitors who come to fish, hunt, camp, picnic, boat, canoe, hike, ride horseback, and enjoy the outdoors. Dale Hollow Lake is one of the nation's premier bass fisheries. Dale Hollow Lake holds the world record for the largest small mouth bass and many other record fish have been caught.

Located in Clinton and Cumberland counties in Kentucky and stretching into Tennessee, Dale Hollow is Kentucky's oldest artificial lake, impounded in 1943 from the Obey River, and one of the earliest lakes built by the U.S. Army Corps of Engineers. The lake has 27,700 acres of water. Dale Hollow Lake is located near the cities of Burkesville, Albany, Clinton and Peytonsburg.

Kentucky's outstanding state park system operates attractive resorts at Kentucky Lake, Lake Barkley, Lake Cumberland and Dale Hollow Lake. Lodges, restaurants, campgrounds, marinas and golf courses are among the amenities at each of these state parks.

Check out the web site at [parks.ky.gov](http://parks.ky.gov) for more info.



### 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 uniforms. Each uniform has a name and was donated by that soldier's family.

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