

# Moaning Cavern Adventure Trip

## A 1-3 hour Caving Expedition

For those looking for something more exciting than the basic walking tour, the Adventure Trip is the ideal solution. The trip begins as cavers enter the cavern taking the steps down 165-ft. to the bottom of the main chamber. From the bottom platform, cavers then descend further by crawling and squirming through small passages, exploring the twists and turns of the lower cavern system for 1 to 3 hours (the trip time varies, depending on the group – the more people, the longer the trip, plus the caving ability the participants will determine how long the trip takes). To exit the cavern, cavers ascend the 235 steps back to the Visitor Center.

This trip is offered year round by reservation, and is conducted by experienced guides. No experience is necessary, however participants do need to be in good physical condition. Those with conditions such as heart and lung problems, pregnancy, impaired mobility, or excessive weight should not attempt the adventure. Participants must be at least 12 years old and be at least 4-feet tall. Minors must be accompanied by an adult. Guides will limit participation to persons they believe to be suitable and fit. Due to the inherent dangers involved in spelunking trips, all participants and parents of participating minor children are required to sign a waiver of liability.

### Expedition Preparation:

- ☑ We supply all necessary caving equipment, including hard-hat with light, gloves, and knee & elbow pads.
- ☑ Get a good night's sleep – caving requires energy and good judgment.
- ☑ Eat a good breakfast, but avoid excessive liquids and “problem” foods, since there are no restrooms inside the cavern and the trip can take up to 3 hours or even longer.
- ☑ Dress appropriately – the cavern is fairly warm (61° F, 16° C) year round. It is dry during the summer and wet/muddy during the winter. Wear one layer of loose fitting, lightweight clothes with long sleeves and long pants. In winter the cavern is wet and muddy, so dress a little warmer (2 layers are good as long as they aren't bulky or retain water). Your clothes will get dirty and scuffed, so don't wear anything you care about.
- ☑ Wear sturdy shoes that are enclosed (no sandals) and have traction soles (sneakers work fine) and will stay on your feet. Keep in mind that they will get dirty and scuffed.
- ☑ Bring a complete change of clothes for afterwards, including shoes. A bag to put your dirty clothes in is recommended. A wash cloth or wet-wipes and towel to do a basic clean-up are recommended. Hot water and showers are NOT available. You will still be a little grubby, so keep that in mind for the rest of the day.
- ☑ You may want to bring something to eat for afterwards. Since no food or drinks are allowed in the cavern, you may be hungry when you get out. We have snack foods (chips, candy, ice cream, etc) and drinks available in our gift shop. If you have a medical condition that does not limit your ability to do the trip, but does require you to bring food or special equipment into the cavern, let your guide know before the trip begins.
- ☑ Arrive at least 20 minutes before your scheduled trip time to allow for checking in, signing release forms, using the restroom, etc. Groups of 6 or more should arrive at least 30 minutes ahead.
- ☑ Be sure to notify us ahead of time if anyone in the group may require special attention or awareness on the part of the guide.

