

Lauren
PLUS 03



37.1815° N • 86.1505° W

MAMMOTH CAVE NATIONAL PARK

The worlds largest known cave system.

There's something magical about descending into the subterranean world, where the darkness and humid, earthy air signal that you've entered an ancient place. For more than 4,000 years, humans have wandered Kentucky's Mammoth Cave, where massive chambers with towering rock formations create underground cathedrals.



EXPLORING THE MAMMOTH CAVE

Just a short drive (1.5 hours) from Nashville, Tennessee lies the worlds longest known cave system. The cave spans over 400 miles, and scientist believe there are corridors still to be discovered. The cave is full of cathedral-like chambers to claustrophobia-inducing squeezes. It wasn't our first cave experience but the kids always enjoy exploring in the dark!

Bats were something the kids wanted to spot...we heard them, but did not see the furry little chicken nuggets (as a park ranger described them to the kids!) - we did, however, Adopt-A-bat, a fun program for the kids! The park ranger were extremely engaging both in and out of the caves which was definitely a huge bonus!



OUR FAVORITE THINGS TO SEE AND DO

Reserve your cave tour tickets!

There are a variety of tours available and you want to ensure you have enough space for your party.

Bring a jacket

It's always around 54 degrees inside the caves.

Ride horseback through the park

Underground boat tour

The tour is in nearby Bowling Green

Dinosaur World

7.6 miles from Mammoth Cave

Mammoth Cave wildlife museum

International Dark Sky Park

Experience the stars at Mammoth Cave

WHERE TO STAY

Here are some great options to stay at when visiting Mammoth Cave:

- Cave City, Kentucky
- The Lodge at Mammoth Cave
- Mammoth Cave National Park camping
- A quick daytrip from Nashville, TN

HOW MANY DAYS WILL YOU NEED

I recommend a minimum of 1 day in order to explore the Mammoth Cave National Park.