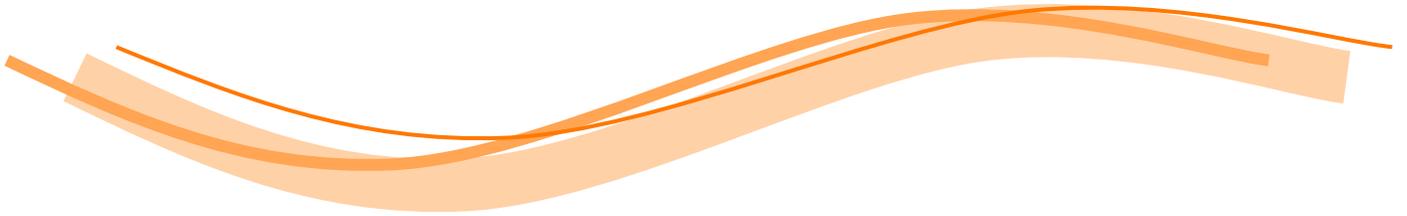




KENTUCKY





KENTUCKY	This US State is closer than you think. You'll discover a rich, historical region with fascinating cities, rolling hills and a large helping of southern hospitality. And talking of helpings – not only is there a delicious culinary movement here putting a new twist on traditional cuisines: this is the home of mouth-watering fried chicken.
Location	Located in the south central United States along the west side of the Appalachian Mountains, Kentucky ranks 37th in land size, with 102,907 square kilometers. The Commonwealth is bordered by seven states: Indiana, Ohio, West Virginia, Virginia, Tennessee, Missouri and Illinois. The Ohio River flows 1,068 kilometers along the northern and western borders of the state. Kentucky's highest point is Black Mountain in Harlan County, 4,145 feet (1,264 meters) above sea level; its lowest point, the Mississippi River in Fulton County, 257 feet (78 meters) above sea level.
Geography	Kentucky has five regions: the Cumberland Plateau in the east, the north-central Bluegrass region, the south-central and western Pennyroyal Plateau, the Western Coal Fields and the far-west Jackson Purchase. The Bluegrass region is commonly divided into two regions, the Inner Bluegrass — the encircling 145 km around Lexington — and the Outer Bluegrass — the region that contains most of the northern portion of the state, above the Knobs. Much of the outer Bluegrass is in the Eden Shale Hills area, made up of short, steep, and very narrow hills. Kentucky has more miles of running water than any other state except Alaska. The numerous rivers and water impoundments provide 1,770 commercially navigable kilometers. Kentucky has 12.7 million acres of commercial forest land - 50% of the state's land area. The main species of trees are white oak, red oak, walnut, yellow poplar, beech, sugar maple, white ash and hickory. Kentucky ranks third among hardwood producing states.
Name	Kentucky was named from the Kentucky River meaning "the meadow". Kentucky is known as the "Bluegrass State", a nickname based on the bluegrass found in many of its pastures due to the fertile soil.
Population	According to the U.S. Census Bureau, Kentucky's population is 4.3 million.
Language	English
Currency	US Dollar. The current exchange rate as of February 1 st , 2017 is one Canadian dollar equals 76 cents US.
Tipping	The custom of tipping is a common practice in Kentucky: 15% to 20% for waiters; 10% to 15% for taxi drivers; \$1 per bag for bellmen. Occasionally gratuities are automatically added to restaurant checks, but not usually.
Government	Kentucky's constitution provides for three branches of state

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	government: legislative, judicial and executive. The Governor is the chief executive of the state and is elected to serve a four-year term
Documentation	Passports are required for all Canadian visitors.
Time zone	Eastern Standard Time, same as Toronto and Montreal, in the eastern half of the state and Central Time Zone, one hour behind Toronto and Montreal, in the western part of the state.
Health	Excellent services available but ensure that you have travellers health insurance as health costs in the US can be very high
Safety tips	Kentucky is relatively safe for the tourist. One should use the same precautions as when traveling anywhere - try not to travel alone and avoid deserted areas at night.

CLIMATE	
General climate	Kentucky has a humid subtropical climate. Temperatures usually range from daytime summer highs of 31°C to the winter low of -5°C. The average precipitation is 46 inches (1,200 mm) a year. Kentucky experiences four distinct seasons, with substantial variations in the severity of summer and winter. The highest recorded temperature was 46°C at Greensburg on July 28, 1930 while the lowest recorded temperature was -38°C at Shelbyville on January 19, 1994.
Today's weather	It is 13C and mainly sunny in Louisville 15 th February 2017
Best time to visit	Kentucky is a year-round destination, but the spring and fall seasons are especially favoured.

GETTING AROUND	
Getting There	Air Canada has daily flights into Cincinnati which is perfect for Northern Kentucky and other airlines have flights into Louisville and Lexington. This makes Kentucky an easy and great weekend get-away destination. For those who have plans on driving south this travel season, it is less than a 9-hour drive from anywhere in southern Ontario to northern Kentucky. And for drivers heading south this winter, consider making a stop in Kentucky, along the journey to the south or on the way back north to Canada.
Cities	The largest cities in Kentucky are: Louisville-Jefferson County Metro 1,556,000 Owensboro 55,400 Covington 42,200 Frankfort 27,300 Richmond 32,900 Paducah 25,500 Lexington-Fayette County 557,200 Bowling Green 55,100

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	<p>Hopkinsville 32,100 Henderson 27,900 Jeffersontown 26,200</p> <p>Frankfort became the state capital of Kentucky in 1792 after pledging more manpower toward the construction of a statehouse than any other city. During the Civil War, Frankfort was the only Union capital occupied by Confederate troops. Frankfort is located astride a double curve in the Kentucky River in the central portion of the state and the Kentucky capital city is known for having one of the most beautiful capital buildings in the country. Frankfort's population is slightly less than 30,000.</p> <p>Louisville is an affordable destination that is packed with unique experiences... From the city's Urban Bourbon Experience, world-class culinary scene, one-of-a-kind attractions you can't experience anywhere else in the world, and award-winning festivals and events. It's also a welcoming city, known for their Southern hospitality. One of the reasons Travel + Leisure recently named Louisville "One of the Friendliest Cities in America."</p>
Distances	<p>Cincinnati to Louisville: 160 kms Louisville to Bowling Green: 186 kms Lexington to Louisville: 127 kms</p>
Trains	<p>Amtrak, provides service to Ashland, South Portsmouth, Maysville and Fulton. The Cardinal (trains 50 and 51) is the line that offers Amtrak service to Ashland, South Shore, Maysville and South Portsmouth. The City of New Orleans (trains 58 and 59) serve Fulton. The Northern Kentucky area is served by the Cardinal at the Cincinnati Museum Center at Union Terminal. The Museum Center is just across the Ohio River in Cincinnati.</p>
Car Rental	<p>All the major international car rental companies are represented at the airports and in the city centres.</p>
Buses	<p>The major cities have very efficient urban bus service and there are longer distance coach services throughout the state.</p>
Boats	<p>The Belle of Louisville, moored at Fourth Street and River Road in Louisville (www.belleoflouisville.org), is the oldest operating steamboat on the Mississippi River system. The stern-wheeler was built in 1914 and is now a National Historic Landmark. The Belle and a larger, more modern paddle-wheeler, Spirit of Jefferson, carry passengers along the Ohio River.</p>
ACCOMMODATION TYPES	<p>When you're looking for a place to stay in Kentucky, you'll definitely find a wide-range of affordable options. Discover bed and breakfasts among the rolling bluegrass hills of horse</p>

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	<p>and bourbon country. Spend the night in romantic mountain cabins nestled in the tall shadows of the Appalachian Mountains. Rest and relax in tranquil Kentucky lake cabins in the Lakes Region. Or check in to state park lodges in the steep, narrow hills of the Outer Bluegrass region.</p> <p>For inexpensive family vacations, Kentucky also offers hundreds of chain hotel options. Financially-conscious travellers on the hunt for inexpensive vacation ideas will enjoy these high-comfort, low-cost options, as well as the room it will leave in the travel budget.</p> <p>Great lodging can be found around the most popular Kentucky vacation spots, ensuring that no matter what you want to see or where you want to go, you'll find comfortable and unique accommodations. Kentucky is perfect for inexpensive family vacations and luxurious getaways alike.</p>
Houseboats	<p>Plying tranquil Kentucky lake waters in a spacious houseboat provides an opportunity for families or friends to enjoy unmatched natural beauty and rejuvenating water sports such as swimming, tubing, jet-skiing, fishing or just hanging out. Book Kentucky houseboat rentals for a few days, a week or longer and become the captain of your own floating resort. Fire up the grill, catch some rays, go ashore for exploring and check out some new Kentucky campsites.... the possibilities are endless for those on houseboats in Kentucky. The marinas listed on this link provide Kentucky houseboat rentals and can aid you in customizing your dream boating vacation:</p> <p>http://www.kentuckytourism.com/places_to_stay/houseboats.aspx</p>

LIFESTYLES	
Kids	<p>Hal Rogers Family Entertainment Center - Home of Kentucky Splash Water Park. Waterpark features: Triple Slide Complex, Wipeout Wavepool, Tad Pool Kiddy Island, Castaway River. Other Attractions: Kentucky Falls Miniature Golf, Thunder Road Go-Karts, Strike Three Batting Cages, and Golf Driving Range. Take 1-75 to exit 11.</p> <p>The Great American Dollhouse Museum showcases over 200 dollhouses, miniature buildings, and room boxes, furnished in remarkable detail and populated with tiny people at work and play. The Museum's unique focus is the depiction of American social history in miniature. The Exhibition Hall presents as three major areas. The first, a timeline of United States History from Native American through Colonial, Old West, early Southwest and modern eras, gives the visitor a vivid sense of what it would be like to live in different regions of our country at various times in the past. The second major display area, a complete miniature town circa 1910, includes mansion, business, retail and factory districts as well as a Shaker village. Here, the visitor is lured into detailed fictional stories of the lives and characters of the town.</p>

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	<p>The last section of the Museum contains a heavily forested fantasy land with faeries, elves, witches, trolls and a walk-in dragon cave. It's just for fun and always well-loved by visitors of all ages. http://www.thedollhousemuseum.com</p> <p>Another family-oriented attraction is the Big South Fork Scenic Railway (www.bsfsry.com), located in the Big South Fork National River and Recreation Area along the south-central Kentucky and Tennessee border. The slow-moving, scenic train ride departs from the small-town depot at Stearns and takes passengers to an abandoned coal-mining village and back.</p>
Teens	<p>Russell Fork Breaks White Water Rafting: Interstate Park Breaks Interstate Park Elkhorn City, KY 41522 The Russell Fork River is rated Class IV-Class VI Rapids. The Russell Fork cuts a 1600-ft gorge through the mountains into Elkhorn City. Whitewater opportunities vary year-round with whitewater rafting in October. Tel: 606-754-5080</p> <p>Portal No. 31 Underground Mine Tour offers visitors the unique experience of touring an actual coal mine by rail car. Visitors will adorn the traditional protective gear of the coal miner as they enjoy animated exhibits along the tour. Outside Portal #31 stands a black granite monument in tribute to long time president of the United Mine Workers John L. Lewis and a memorial to U.S. Steel District #1 miners who died in mining accidents. The site also features a 1920's lamphouse, bathhouse, L&N train depot and loadout system.</p> <p>There is an upcoming "Hunger Games" exhibit in 2017 at the Frazier History Museum (Jennifer Lawrence is a Louisville native).</p>
Romance	<p>The combination of breathtaking landscapes and historic inns is a romantic mix that will be sure to resonate with couples looking for some getaway ideas.</p>
Zoomers	<p>This is a very easy destination for Zoomers to enjoy – first class accommodations, great infrastructure, easy access and a perfect stopover for Snowbirds on their way to or from Florida on the drive from Canada.</p>
UNIQUES	<p>Kentucky is home to 95% of the World's bourbon. There are more barrels of bourbon in Kentucky than people.</p> <p>Mammoth Cave, in south-central Kentucky, is the world's longest cave system. Above ground, Mammoth Cave National Park is a World Heritage site and an international Biosphere Reserve.</p>

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	<p>The National Corvette Museum, in Bowling Green, is the only place where you can see more than 70 vintage Vettes, America's sports car. You can also tour the only manufacturing plant for the Chevrolet Corvette.</p> <p>Churchill Downs, the legendary race-track in Louisville, annually hosts the most exciting two minutes in sports, the Kentucky Derby.</p> <p>Cumberland Falls, the Niagara of the South, is the only place in the western hemisphere where you can regularly see a moonbow.</p> <p>The International Bluegrass Museum, in Owensboro, allows you to explore the history of Bluegrass music and a short drive away in Rosine is the Father of Bluegrass music's birthplace, Bill Monroe.</p> <p>A complete list of Kentucky's Only Ones can be found at www.KentuckyTourism.com/Explore</p>
Surprising	<p>Only three U.S. states have capitals with smaller populations than Kentucky's Frankfort (pop. 25,527), those being Augusta, Maine (pop. 18,560), Pierre, South Dakota (pop. 13,876), and Montpelier, Vermont (pop. 8,035).</p>
History	<p>Modern archaeologists classify Kentucky's prehistoric past into six cultures that spanned 13,000 BC to 1,650 AD. These cultures were the Paleo-Indian culture, the Archaic culture, the Woodland culture, the Adena culture, the Mississippian culture and the Fort Ancient culture. From about 1650 until the arrival of the first white settlers, Native American battles broke out over control of the "Great Meadow" between the Shawnee tribes from north of the Ohio River and the Cherokee and Chickasaw tribes from south of the Cumberland River. During this time, no Indian nation held possession of the land that would eventually become Kentucky.</p> <p>Dr. Thomas Walker and Christopher Gist led the first surveying parties into Kentucky in 1750 and 1751, respectively, but the outbreak of British and Native American battles in the French and Indian War in 1754 delayed further exploration of the state for over a decade. Daniel Boone visited Kentucky in 1767. In 1769, with a party of hunters led by John Finley, he returned to Kentucky for a two-year exploration of the region. In 1774, James Harrod constructed the first permanent settlement in Kentucky at Fort Harrod, the site of present-day Harrodsburg. Boonesboro was established in 1775, and many other settlements were created soon after.</p> <p>One of the last Native American battles in Kentucky occurred at the Battle of Blue Licks in 1782 (where Blue Licks State Park stands today), although small skirmishes and raids would continue until 1813.</p>

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	<p>Kentucky was originally declared to be a part of Virginia and was made a separate county of that state in 1776. Soon after the end of the American Revolution, a separation movement began in Kentucky. In 1792, after nine conventions to discuss the separation, Kentucky was made a separate state and was admitted to the Union as the fifteenth state. Isaac Shelby was chosen as the first governor. Kentucky's first constitution was drafted in April and May of that year (the constitution was rewritten in 1800, and again in 1850 and 1891), and Frankfort was chosen to be the Kentucky capital city. In 1818, the westernmost region of the state was annexed, following its purchase from the Chickasaw Indians.</p> <p>When the Civil War erupted in 1861, Kentucky was torn apart by conflicting loyalties. Officially a neutral state, brother often fought against brother as Kentucky supplied approximately 100,000 troops to the North and 40,000 troops to the South. Ironically, Kentucky was the birthplace of Abraham Lincoln and the Confederate president Jefferson Davis. The two great men were born in log cabins within one year and 100 miles of each other. Kentucky's strategic potential was recognized by both sides in the conflict, and several bloody engagements and many guerrilla raids occurred throughout the state. The most violent battle took place near Perryville in 1862, with a toll of 1,600 dead and 5,400 wounded.</p> <p>After the Civil war, Kentucky's economy underwent dramatic changes. As the hemp industry declined, the development of burley tobacco contributed to a tremendous increase in tobacco production. The U.S. Treasury Gold Vault was established at Fort Knox in 1936. During World War II, Kentucky began to shift from an agricultural to an industrial economy, but it was not until 1970 that the state had more urban than rural dwellers. Tourism developed into a major industry, aided by an impressive state park system and new highways across the state.</p>
<p>Recommended Reading</p>	<p>"Kentucky: A Bicentennial History" by Steven A. Channing; "A History of Kentucky" by Thomas D. Clark; "History of Kentucky" by Richard H. Collins; "The Kentucky Encyclopedia" edited by John E. Kleber; "Our Kentucky, A Study of the Bluegrass State" edited by James C. Klotter; "A New History of Kentucky" by Lowell H. Harrison and James C. Klotter.</p>
<p>1000 Places to See Before You Die</p>	<p>From the USA and Canada edition, no less than 17 entries: Berea – historic town of artisans The Bourbon Trail – America's great homegrown spirit Country Music Highway – along mountain road Highway 23</p>

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	<p>Cumberland Gap – Daniel Boone country Harrodsburg – Kentucky’s oldest frontier town Shaker Village of Pleasant Hill – 19th century history Land Between the Lakes – America’s largest inland peninsula Bluegrass Country – horse heaven The Lincoln Trail – Kentucky’s most famous son The Land of Colonel Sanders – finger-lickin’ fun The Humana Festival – new American plays Kentucky Derby – America’s biggest race Louisville Cuisine – home of the hot brown Louisville Slugger Museum – world’s biggest baseball bat Old Louisville – turn of the century splendor Mammoth Cave – the world’s longest cave system Owensboro and Henderson – Bluegrass and barbeque</p>
<p>Must Sees</p>	<p>Mammoth Caves National Park is an amazing place. Here is my personal “Magic Moment” experience there: <i>‘Under a swath of Kentucky hills and hollows is a limestone labyrinth - the heartland of a national park. The surface of Mammoth Cave National Park encompasses about 200 square kilometers. No one knows how big the underside is. Nearly 600 kilometers of the five-level cave system have been mapped, and new caves are continually being discovered. It is the world's longest cave system. In my visit I saw the eerie beauty of the caverns on some of the passages available for tours. These tours are hikes inside the Earth; Mammoth does not glamorize the underworld with garish lighting. You never forget that you are deep in the Earth. And nowhere else can you get a better lesson in the totality of darkness and the miracle of light. After a warning, our guide switched off the lights. The darkness is sudden, absolute. Then she lit a match and the tiny dot of light magically spread, illuminating a circle of astonished faces....’</i></p> <p>The southeastern highlands of Kentucky are picturesque and unspoiled, marked by small towns and winding, two-lane roads dotted with old barns, country stores, and the occasional antiques shop. The Daniel Boone National Forest, headquartered in Winchester (www.danielboonecountry.com), covers 21 Kentucky counties of this region. Hiking, camping, rock climbing, fishing, caving, horseback riding, boating, exploring, and hunting are among the activities available to visitors. In addition to the 450km Sheltowee Trace National Recreation Trail, there are hundreds of shorter hiking trails to explore. The park has several campgrounds, but for lodges and cabins (as well as campsites), take advantage of the magnificent Kentucky State Parks (www.parks.ky.gov), regarded as the nation's best. Resort parks such as Cumberland Falls and Pine Mountain are revered for their scenic</p>

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	<p>beauty, all-ages recreation, and ranger-led nature activities, as well as for clean, comfortable accommodations and lodge restaurants. Hiking is excellent in all state parks, where maps are available at each park's main Activities Centre.</p>
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<p>SPORTS ACTIVITIES</p>	<p>In Kentucky, sports aren't just a weekend hobby. Sports are what Kentuckians live and breathe. The thrill of 23,000 fans jam-packed in the University of Kentucky's Rupp Arena going crazy for the Wildcats. The throttle-pounding action of Kentucky car racing at the Kentucky Speedway. The passion and emotion of thoroughbred racing. And the many sports-related attractions such as the Louisville Slugger Museum & Factory and the Muhammad Ali Center.</p> <p>KENTUCKY SPORT MUSEUMS</p> <p>In downtown Louisville, you'll find two interactive sports museums: the Louisville Slugger Museum & Factory and the Muhammad Ali Center. Marked by a 120 foot tall bat (a Guinness World Record) the Louisville Slugger Museum & Factory, offers baseball fans a one-of-a-kind experience with everything from batting cages to factory tours and personalized bats.</p> <p>Inside the Muhammad Ali Center, you'll have the chance to experience the heart of a champion. The center tells the story of the man born as Cassius Marcellus Clay Jr. with art, multimedia and interactive exhibits such as shadow boxing and speed and heavy bags.</p> <p>Kentucky car racing and motorsports enthusiasts will be glad to know the state is home to the National Corvette Museum as well. Located in Bowling Green — just 500 meters from the one and only Corvette assembly plant in the U.S. — the National Corvette Museum has more than 30 vintage 'Vettes on display, an interactive museum and even an on-site restaurant for visitors. Corvettes have a long reputation as one of America's finest sports cars. Corvette races are coming soon to a track across the street from the museum.</p> <p>The northern part of the state lies across the Ohio River from Cincinnati, which is home to a National Football League team, the Bengals, and a Major League Baseball team, the Reds. It is not uncommon for fans to park in the city of Newport and use the Newport Southbank Pedestrian Bridge, locally known as the "Purple People Bridge", to walk to these games in Cincinnati.</p>
<p>Golf</p>	<p>Challenging championship Kentucky golf links; the 19 course Kentucky State Park Golf Trail; year-round great weather and spectacular golf resorts make Kentucky a favourite US destination for golfers. Plus,</p>

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	<p>courses offer scenic views of waterways, bluegrass beauty and breathtaking Appalachian Mountain backdrops.</p> <p>With more than 300 private and public golf courses to choose from, Kentucky is the perfect golf vacation destination, with only one problem: deciding which 18 to play first.</p>
<p>Fishing</p>	<p>Kentucky is an angler's paradise. From two of the largest man-made lakes in the country, Kentucky and Barkley Lakes, to accessible streams and creeks, there are plenty of great places to wet a line in Kentucky. Lake fishing and river fishing in the Bluegrass State offer up a wide variety of species for anglers to pursue. Giant blue cats in the Ohio, trophy bass and crappie and even the Muskie Capital of the South, all await the eager fisherman in Kentucky's vast waterways. Whether you're planning on a Kentucky lake fishing adventure or want to try your luck on a trout stream or creek, all you need is to get your license and decide which area to fish first. Enterprising anglers can hire a guide from a list of Kentucky Outfitters and Guides for the latest fishing reports and tips on the best secret spots.</p>
<p>Horse riding</p>	<p>The Horse Racing Capital of the World, Kentucky has plenty to offer all types of horse lovers.</p> <p>Horse enthusiasts can enjoy world-class horseback riding in Kentucky year round. With hundreds of kilometers of Kentucky horse trails in every region of the state, a trail can be found to challenge everyone from the beginner to even the most accomplished rider.</p> <p>Kentucky has numerous stables that offer horse rentals for day use. Kentucky horse camps offer horsemen and women the opportunity to bring their horse trailers to enjoy Kentucky horseback riding all day and camp overnight. Visitors will also see scenic views, natural features and enjoy great camaraderie along Kentucky horse trails.</p> <p>Whether a veteran trail rider, or someone who has never ridden before and is eager to learn, there is a riding destination in Kentucky to meet your needs. The dozens of Kentucky horseback riding outfitters, private guides and organized trail rides across the state can help you unleash your spirit of adventure.</p>
<p>Horse Farms</p>	<p>Calumet Farms (www.calumetfarm.com) is the granddaddy of 'em all, breeder of nine Kentucky Derby champions, including three Triple Crown winners. It is not open to the public.</p> <p>Claiborne Farm, Winchester Road, Paris (www.claibornefarm.com), was the birthplace of Seabiscuit. It's also known in part for its association with Secretariat, the 1973 Triple Crown winner considered by many to be the greatest thoroughbred of all time. The horse once</p>

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	<p>stood at stud at the farm and is buried here. Tour schedules vary, so call in advance to arrange an appointment. Tours are free, but tips for the guides are customary.</p> <p>Triple Crown winner Seattle Slew (in 1977) once stood at stud at Three Chimneys Farm, Old Frankfort Parkway, Versailles as well as 2008 Derby and Preakness winner Big Brown. Barbaro's sire is also at this popular farm. Tours are free but should be booked 6 months to a year in advance.</p> <p>Part museum, part equestrian arena, the state-run Kentucky Horse Park, 4089 Iron Works Pike, Lexington (www.kyhorsepark.com), is a mecca for horse lovers, drawing more than 700,000 visitors yearly. A gravesite statue of Man o' War, who lost only one race in his career, welcomes visitors. Seasonal horse and pony rides please the kids. Open daily from 9am to 5pm (Nov-Mar discounted rates; closed Mon and Tues). Admission is \$20 for adults, \$9 for kids ages 7 to 12. (2016) Through the park, you can also book narrated 2 1/2-hour tours of off-premises, Lexington-area horse farms.</p> <p>Keeneland, 4201 Versailles Rd., Lexington (www.keeneland.com), a meticulously manicured racetrack, may not be as famous as Churchill Downs, but most think it's one of the prettiest courses in America. Much of the film Seabiscuit was shot here. Races are held only 6 weeks a year: three in April, including the Blue Grass Stakes, a major Kentucky Derby tune-up, and three more in October.</p>
<p>Hiking</p>	<p>With trails dotting the landscape of the Commonwealth, you'll discover countless Kentucky hiking adventures. You'll find hundreds of kilometers of scenic hiking trails in Kentucky ranging from bluegrass countryside and Appalachian Mountain landscapes to vast national forests and over 50 state parks.</p> <p>The Sheltowee Trace National Recreational Trail is Kentucky's longest trail and stretches over 450 kms through the Daniel Boone National Forest. Once complete, the Pine Mountain State Scenic Trail will total 200 kms along the crest of scenic Pine Mountain. It will also serve as one portion of the Great Eastern Trail that travels across 9 different states.</p> <p>Discover the green pastures and rolling hills of Horse Country. Trek through the mountainous terrain of the Appalachian foothills in Eastern Kentucky. Explore Kentucky caves and uncover unique rock formations in Cave Country, or search the Daniel Boone wilderness for amazing scenic views and hidden Kentucky waterfalls. There's virtually no end to the magnificent hiking in Kentucky.</p>

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<p>Cycling</p>	<p>Biking is becoming one of the fastest-growing activities in the country and Kentucky mountain bike trails and road cycling routes are becoming a destination for travellers seeking bicycle vacations.</p> <p>Kentucky mountain bike trails in the Land Between the Lakes and Daniel Boone National Forest provide bicycle adventures that challenge all skill levels, from a beginner to a world-class competitor. There are also featured mountain bike trails at Mammoth Cave National Park, and the Big South Fork National River and Recreation Area features five mountain bike trails that have received "epic" designation from the International Mountain Bicycling Association Association – a sure sign of memorable bicycle adventures to be had. Kentucky also offers thousands of kilometers of scenic roads for a leisurely cycling tour or training for a national title. Secondary roads around the London area have made the Redbud Ride one of the most popular cycling events in the region. The Legacy Trail in Lexington attracts a number of riders in central Kentucky, as well as numerous scenic towns in the Bluegrass Region.</p>
<p>Caving</p>	<p>From a 45 minute introductory tour of the world's longest cave system, Mammoth Cave, to the wilder Kentucky cave tours in Kentucky's karst country to a tour of the American Cave Museum....everyone can experience the excitement of exploring the Kentucky caves and caverns.</p> <p>Kentucky's cave opportunities aren't just confined to south central Kentucky. Carter Caves State Resort Park is a top caving destination in east Kentucky. Kentucky's cave adventures are a truly unique experience, and are a great option any time of the year.</p> <p>Mammoth Cave National Park preserves the cave system and a part of the Green River valley and hilly country of south central Kentucky. This is the world's longest known cave system, with more than 640 kms explored. Early guide Stephen Bishop called the cave a "grand, gloomy and peculiar place," but its vast chambers and complex labyrinths have earned its name – Mammoth. http://www.nps.gov/maca/index.htm</p>
<p>Other Activities</p>	<p>Zip-lining</p> <p>The newest adventure craze, zip lining, has taken Kentucky by storm. Zip lines and canopy tours can be found at some of Kentucky's most popular outdoor destinations: Mammoth Cave, Red River Gorge, Louisville Mega Cavern & Black Mountain Off Road Adventure Area just to name a few. Zip line vacations around the state offer a whole new point of view on Kentucky's breathtaking scenery. Be sure to check out the new "Zip the Bluegrass Tour" to really get your fill of highflying adventure in the best places to zip line in Kentucky.</p>

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<p>CULTURE</p>	<p>Kentucky’s unique culture has cultivated a vibrant arts community in the cities Paducah and Berea. Paducah is home to the renowned National Quilt Museum and a UNESCO Creative City of Crafts and Folk Art. Berea boasts a year-round artisan teaching centre, as well as the annual Festival of Learnshops where visitors can learn the craft directly from the artisan.</p>
<p>Arts</p>	<p>Kentucky’s live entertainment options accommodate every interest and every pocketbook. Catch a Kentucky theatre performance or listen to bluegrass music at a Kentucky bluegrass festival. Dance and other forms of entertainment are available throughout the state. In the larger urban areas you’ll find performances of world-class theatre and classical music, while in many smaller towns you can kick back and listen to bluegrass music or country tunes.</p> <p>There are great entertainment spots such as the Louisville Actors Theatre or fun venues where you can listen to bluegrass music from the state’s finest musicians.</p> <p>The Speed Art Museum. After a 3-year multi-million renovation, the state’s largest art museum is preparing to open its doors in Louisville for the big reveal on March 12 2016 where new state-of-the art design marries with its 1920’s historic past.</p>
<p>Music</p>	<p>Kentucky is the birthplace of bluegrass music and of dozens of music stars from many genres, especially country music. You can ride along U.S. 23 in eastern Kentucky, known as the Country Music Highway, and find the birthplaces of stars like The Judds, Loretta Lynn, Dwight Yoakam, Ricky Skaggs and Billy Ray Cyrus. In Paintsville you’ll find the Country Music Highway Museum, in Renfro Valley the Country Music Hall of Fame, in Owensboro the International Bluegrass Music Museum and in nearby Rosine, the birthplace of the father of bluegrass, Bill Monroe. Don’t be surprised if you also stumble upon a Kentucky bluegrass festival or one of many other Kentucky music festivals. When you leave you’ll want to listen to bluegrass music (and you might be humming a happy tune).</p> <p>Icons like Bill Monroe, Father of Bluegrass and blues player W.C. Handy, found great inspiration in Kentucky. Today artists like My Morning Jacket, Sundry Best, Sturgill Simpson and Cage the Elephant are making national waves. No matter the genre, Kentucky has a show that fits your taste and a wide range of festivals from which to choose.</p> <p>Down-home music and variety shows are offered March through December at the Renfro Valley Entertainment Center (www.renfrovalley.com). Gospel, bluegrass, country, and comedy acts take the stage at the 1,500-seat New Barn Theater and the weathered</p>

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	<p>500-seat Old Barn Theater, where the barn dances began in 1939. The area has an RV park, restaurant, and gift shop, as well as several motels.</p> <p>P&G Music Festival Weekend Make sure to get to Northern Kentucky for the Midwest's premier music event, the P&G Music Festival Weekend, July 27-30, 2017. Music acts Usher, Mary J Blige and many more will highlight a weekend full of music in the Northern Kentucky area.</p>
Film	<p>Some of the films that were shot in Kentucky in whole or in part include: How the West was Won; Rain Man; Secretariat; Coal Miner's Daughter and Goldfinger.</p>
Museums	<p>Because of the state's rich history and heritage, you'll find dozens of Kentucky museums and memorials commemorating everything from the Civil War to music, bourbon and horses.</p> <p>Celebrate the legends of Kentucky horse racing at Churchill Downs' Kentucky Derby Museum, and the International Museum of the Horse at the Kentucky Horse Park. Visit the childhood home of Abraham Lincoln in Hodgenville, KY, or view the Civil War battlefields of Perryville and Richmond.</p> <p>Hear some of the earliest, most influential sounds of American music, and discover dozens of famous native Kentucky musicians at the Kentucky Music Hall of Fame Museum. While in Owensboro, don't forget to stop by The International Bluegrass Music Museum.</p> <p>The Kentucky Music Hall Of Fame and Museum www.kentuckymusicmuseum.com), in Renfro Valley (south of Lexington, along I-75), honours the rich history of Kentucky performers. The log-cabin-like venue showcases home-state natives from Rosemary Clooney and Ricky Skaggs to the Backstreet Boys. Hours are 10am to 6pm Tuesday through Saturday, and 9am to 5pm Sunday..</p> <p>In the breathtaking highlands of southeastern Kentucky, along the Kingdom Come Scenic Parkway in the tiny town of Benham, lies the Kentucky Coal Mining Museum (www.kingdomcome.org). Antiques and exhibits pack four levels in this historic commissary, offering a sombre glimpse of life in this coal-mining town around the 1940's. Kids can don lighted helmets to explore a simulated mine. Country music fans will lap up all the Loretta ("Coal Miner's Daughter") Lynn memorabilia, including a replica of Butcher Holler, the log cabin where she was raised. Hours are 10am to 5pm Monday through Saturday.</p> <p>In the northwestern Kentucky river town of Owensboro, the state-of-the-art International Bluegrass Music Museum, 207 E.</p>

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	<p>Second St. (www.bluegrass-museum.org), is a must-see for fans of the genre. Bill Monroe and other pioneers are honored through educational, interactive exhibits and artifacts. Hours are 10am to 5pm Tuesday through Friday, and 1 to 5pm Saturday and Sunday.</p> <p>Ark Encounter - This new attraction opened in summer 2016. This life-size reproduction of Noah's Ark is a one-of-a-kind themed attraction and is the largest timber structure in the world.</p> <p>Vent Haven Museum - World's only museum dedicated to the art of ventriloquism – featuring over 500 figures from 20 countries. Museum tours are open by appointment only May through September. Admission donation is \$5 per person.</p>
<p>Festivals</p>	<p>Kentucky is known as one of the top states for hand-crafted arts, and it's also home to many outstanding crafts fairs and festivals. Held annually in locations as diverse as Whitesburg, Midway and Louisville, these fairs feature displays by top artisans, demonstrations of crafts techniques, music, and other celebrations of Kentucky culture. Among the Bluegrass state's leading arts and crafts fairs are: St. James Court Art Show in Louisville; Francisco's Farm Arts Festival in Midway; Seedtime on the Cumberland in Whitesburg, the Bardstown Arts, Crafts & Antique Fair in Bardstown and the Shaker Village Crafts Fair near Harrodsburg. There are dozens of smaller festivals throughout the state featuring artisans' work.</p> <p>St. James Court Art Show is the granddaddy of Kentucky arts and crafts festivals, with its 57th edition scheduled for October in Louisville. With nearly 750 exhibitors and 300,000 attendees, this festival in the charming Old Louisville neighbourhood has achieved international renown. This neighbourhood is the site of the largest collection of Victorian homes in the country.</p> <p>Francisco's Farm Arts Festival, June, at Equus Run Vineyard in Midway, last year featured some 130 exhibitors from 15 states, with about half from Kentucky. Music, children's art projects and a demonstration of traditional printing techniques are standing attractions at this popular festival set amid the beauty of central Kentucky's grape-growing country.</p> <p>Berea Crafts Festival, July, at the Indian Fort Theatre in Berea College Forest, features great crafts, educational demonstrations, performing artists and favorite foods.</p>

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Seedtime on the Cumberland, Whitesburg's annual festival of eastern Kentucky crafts and culture, will take place in June. Organized by the Appalshop arts cooperative, this festival promotes traditional and modern Appalachian cultural expression from crafts to music and films.

The annual Bardstown Arts, Crafts & Antique Fair, will be held in October in historic downtown Bardstown. The festival features 200 artists and craftsmen, delicious southern foods and music.

Historic and scenic Shaker Village of Pleasant Hill, near Harrodsburg, will host their annual craft fair in August. This juried event attracts the elite among regional artisans as well as up-and-coming-new artists.

Here are some specific festivals for 2017:

April
Quilt Week
Paducah
www.Paducah.travel

April – May
Kentucky Derby
www.Kentuckyderby.com

Derby Festival
Louisville
www.Kdf.org

Mid-May
International Bar-B-Q Festival
Owensboro
www.bbqfest.com

June
Festival of the Bluegrass
Lexington
www.festivalofthebluegrass.com

Mid-September
Kentucky Bourbon Festival
Bardstown
www.kybourbonfestival.com

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	October & April Keeneland Fall & Spring Meets Lexington www.keeneland.com
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ATTRACTIONS	
Beaches	<p>Yes, there are beaches in Kentucky if you are looking for somewhere to cool off in the summertime! Kentucky has a large number of lakes scattered throughout the state and many of them have public beach area, especially in the State parks.</p>
Nature	<p>Kentucky is home to the highest per capita number of deer and turkey in the United States and the largest free-ranging elk herd east of the Mississippi River.</p>
Parks	<p>From underground caves to the shores of lakes and rivers to the highest peaks of the Appalachians, Kentucky state parks are considered by many to be the nation's finest.</p> <p>Maintained by the Kentucky Department of Parks, the state of Kentucky boasts a total of 52 state parks, including 24 recreation state parks, 17 Kentucky resort parks (more than any other state), and 11 historic state parks.</p> <p>For a full list of Kentucky state parks, check out www.Parks.KY.gov.</p>
Gardens	<p>Western Kentucky Botanical Garden</p> <p>The Garden is located at Thompson-Berry Complex at 25 Carter Road, Owensboro. With seven established gardens - Butterfly, Rose, Daylily, Iris, Herb, Fruit & Berry, and the Takahashi Japanese Memorial Garden - the garden is becoming a center for the growth and display of hundreds of outstanding plant selections as well as a beautiful location for social gatherings. Appreciate the wonders of the environment and learn to interact with nature. The relaxing environment will help you enjoy a garden with beauty and learn solutions to gardening problems. http://wkbgo.org</p> <p>Arboretum, State Botanical Garden</p> <p>The Arboretum began in 1991 and provides interest year-round for plant enthusiasts, children and others interested in the environment. Stresses melt away among the 100 acres of marvelous sights and sounds of these gardens. This urban oasis is a delightful surprise to visitors from around the world. Young and old alike can enjoy year-round activities for the entire family. General Garden admission is free and the gardens are open 365 days a year. The gardens are open from dawn until dusk each day. The Visitor Center is open weekdays from 8:30 to 4:00. Walk through them at your leisure or request docent-led tours through the Home Demonstration Gardens, Rose Garden and Flight 5191 Memorial Area. The Walk Across Kentucky is a 3km paved walk through areas</p>

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	<p>planted to recreate the physiographic regions of Kentucky. www.ca.uky.edu/arboretum</p>
<p>Historical Sites</p>	<p>History comes to life in Kentucky! The birthplace of Abraham Lincoln. Kentucky Civil War forts and battlefields. Appalachian festivals, art and coal field culture. African American heritage and Native American historic sites such as the Trail of Tears. These characters, settings and events combine to form the history of the state of Kentucky. Some of them are a part of a forever-changed past; others carry on timeworn traditions and helping to shape the future of the Bluegrass State. Uncover the storied traditions of the region of Appalachia. Walk historical sites such as American Civil War battlefields. Visit memorials and museums from horse racing to music.</p> <p>Kentucky's Civil War sites are varied and nationally important. They include significant battlefields like Sacramento, Mill Springs, Camp Wildcat, Richmond, Munfordville, Perryville, and more; interpreted historic sites and house museums like Kentucky's Old State Capitol, the Kentucky Military History Museum at the State Arsenal, Camp Nelson, White Hall, and Farmington; the Jefferson Davis Birthplace and important sites related to Lincoln, including the Abraham Lincoln Birthplace National Historical Park, Ashland: the Henry Clay Estate, the Mary Todd Lincoln House, and more. All of these sites can be explored through the Kentucky Civil War Heritage Trails, which has comprehensively linked more than 50 of Kentucky's interpreted Civil War sites for the first time. Visitors now have the opportunity to more easily explore the commonwealth's important Civil War past, and by experiencing these sites, visitors can better understand Kentucky's importance to the US Civil War history.</p> <p>The First Lincoln Memorial For over a century people from around the world have come to rural Central Kentucky to see the humble beginnings of the 16th president, Abraham Lincoln. His early life on Kentucky's frontier shaped his character and prepared him to lead the nation through Civil War. The country's first memorial to Lincoln, built with donations from young and old, enshrines the symbolic birthplace cabin. Built at the location of Lincoln's birth the solid marble, neoclassical monument houses the symbolic cabin of Lincoln's birth. You can see the audiovisual presentation in the Visitor Center and the Sinking Spring where the Lincoln's drew their water. Site now includes Abraham Lincoln Boyhood Home at Knob Creek. In summer there is a daily Ranger Program.</p>

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OTHER ACTIVITIES	
<p>Shopping</p>	<p>Discover the “arts and crafts capital of Kentucky” or the handcrafted treasures of Appalachia. Shop fabulous and funky Kentucky flea markets. Explore quilt, antiques and gift shops on quaint downtown squares across the state. Find fashionable fun and deep discounts at the newest and largest Kentucky outlet mall.</p> <p>From authentic and artistic to fun and unusual or upscale and stylish, if you’re partial to all-things-shopping, you’ll find that Kentucky offers a little something for everyone. Check out the full line of Kentucky shopping opportunities below including quirky Kentucky flea markets, specialty shops, art galleries and a new Kentucky outlet mall.</p> <p>Antiques - Antique stores offer a real glimpse into the state’s past. Discover bourbon collectibles, horse racing memorabilia, furniture and heirlooms.</p> <p>Galleries - With influential art communities such as Paducah, Berea and more, Kentucky offers an abundance of art galleries and artisan studios where you can meet the artists.</p> <p>Kentucky Handcrafted - Discover unique, handcrafted pottery, woodworks, jewelry and furniture from some of the finest crafters in the country, especially in Kentucky’s Appalachian region.</p> <p>Specialty Shopping - Kentucky gift shops offer the opportunity to find out what the state of Kentucky is really all about. Find local trinkets, homemade gifts and more.</p> <p>Outlet Mall - The newest Kentucky outlet mall, The Outlet Shoppes of the Bluegrass, opened in 2014 and features more than 60 quality stores and restaurants.</p> <p>Donna Salyers Fabulous Furs - Donna Salyers’ Fabulous-Furs started in 1989 selling women’s coats, jackets, apparel, accessories, home goods, and footwear and has grown to be known internationally. Unlike their competitors, Donna Salyers' Fabulous-Furs sells all faux fur and animal print products.</p>
<p>Markets</p>	<p>Flea Markets - From Civil War relics to vintage clothing and everything in-between, you could spend days mining through one-of-a-kind finds at Kentucky flea markets.</p>
<p>Nightlife</p>	<p>The nightlife in the college town of Lexington, Kentucky and other cities around the state such as Louisville, Paducah, Covington and more offer plenty of big city, up- tempo atmospheres for a night out with the guys or a weekend away with the girls.</p>

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	<p>Discover live music concerts and sports and piano bars. Hit the hottest dance clubs and some of the world's best bourbon bars. If you're looking for things to do in Louisville, Kentucky, you can even follow the Urban Bourbon Trail, a collection of city-wide bars which serve at least 50 different kinds of bourbon.</p>
<p>CUISINE</p>	<p>Chefs like the famous Edward Lee are flocking to Kentucky which holds the perfect setting for the farm-to-table movement. Louisville boasts an award-winning restaurant scene, Owensboro holds the secret to BBQ and eastern Kentucky's Appalachian food traditions are flourishing.</p>
<p>Food</p>	<p>While best known for its signature drink offerings, The Bluegrass State is also home to a number of innovative food dishes and a hearty culinary heritage.</p> <p>Here are some things to look out for:</p> <ul style="list-style-type: none"> Ale-8-One Bee Cheese Blue Mondays Bourbon Balls Bread Pudding Derby Pie Lamb Fries Mutton Western Kentucky BBQ <p>And the famous Kentucky Hot Brown, a dish normally layered in this order: toasted bread, turkey, bacon, tomatoes and topped with mornay sauce. It was developed at the Brown Hotel in Louisville.</p> <p>In Northern Kentucky the booming restaurant scene boasts everything from gourmet hot dogs and French pot ice cream to Bouillabaisse and celebrity steaks. So whether you are a first-time visitor looking for local faves or a bona fide Cincinnati USA food fan sniffing out a delectable plate of something trendy, you're sure to find a dish that buddies up to your taste buds like a BFF. And to wash it down order from a tantalizing list of local, expertly crafted beers and cocktails.</p>
<p>Drink</p>	<p>Kentucky is justly famous for its bourbon, wine country, and the famous Kentucky Derby mint julep.</p> <p>Though the state's bourbon industry may receive most of the hype, Kentucky has certainly played an important hand in the history of wine in the U.S. Did you know that Kentucky was home to the first commercial vineyard in the country? Or, that Kentucky wineries once produced more than 50 percent of the United States' grape harvest and wine yield?</p> <p>Visitors to "Bourbon Country" are often pleasantly surprised to find a number of vineyards tucked away in the picturesque settings of the</p>

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	<p>state's bluegrass countryside. A visit to a Kentucky winery offers a wonderful romantic experience, featuring wine tastings, festivals/events, tours and even on-site lodging.</p> <p>If you're in search of a different kind of spirit, you can find more than a dozen Kentucky breweries throughout the state. Many breweries also double as restaurants and often offer live music and special events to go along with their unique in-house brewery atmospheres.</p> <p>Louisville is the Gateway to Bourbon Country and home of Bourbonism. More than 30 bars and restaurants on the city's Urban Bourbon Trail and six and growing distillery tours comprise an Urban Bourbon Experience.</p>
<p>Pepper Campus at the Lexington Distillery District</p>	<p>The Lexington Distillery District is a collection of old bourbon warehouses and buildings that were recently renovated and are now home to several new businesses. At one time the Manchester Street area was a thriving hub of central Kentucky bourbon distillers, including the Ashland/Old Tarr Distillery (Registered Distillery #1), the Lexington Distillery and the James E. Pepper Distillery (originally the Henry Clay Distillery). At their zenith in the late 1800s and early 1900s these distilleries produced more than 36,000 barrel of bourbon per year. The bonded warehouses within this 60-acre distillery area housed over 180,000 barrels of bourbon. Only the James E. Pepper Distillery survived Prohibition, both through the sale of medicinal whiskey and serving as a concentration house for smaller, rural concerns. By 1969 all the distilleries had ceased production on Manchester Street and by the mid-1970s even the bonded warehouses were no longer used to age bourbon and were sold off to other interest.</p> <p>Fast forward to 2008...The Lexington Distillery District was formed and one of the first tenants to move in was Barrel House Distilling. They are a craft distiller and are part of the Kentucky Bourbon Trail Craft Tour. As they have been patiently waiting for their bourbon to mature they have produced vodka, moonshine and rum. Earlier this summer they released their first bourbon, RockCastle http://barrelhousedistillery.com</p> <p>Around 2009 Buster's also opened in the Lexington Distillery District. They were a live music venue capable of hosting crowds of up to nearly 1,000. It has recently reopened as the Manchester Music Hall. http://bizlex.com/2015/08/old-busters-site-to-be-reborn-as-manchester-music-hall/</p> <p>Since late November 2015 Ethereal Brewing has opened along with Middle Fork Kitchen Bar (brick and mortar for a popular food truck, Fork in the Road. Started with a Kickstarter campaign), Crank & Boom Craft</p>

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	<p>Ice Cream and The Break Room Bar (located in the actual old break room for the distillery. In the late spring/early summer of 2016 Rooster Brewing (original location in Paris, KY – 30 minutes north of Lexington) and Gastro Gnomes food truck are opening a joint venture at the Pepper Campus.</p>
<p>Restaurants</p>	<p>With the immense popularity of food channels on television, cuisine-focused features on travel shows, the advent of celebrity chefs and more, interest in food and cuisine has grown tremendously, and so has Kentucky’s restaurant scene. From traditional “down home” southern fare to upscale fine dining and everything in between, there is a Kentucky restaurant to fit your “inner foodie”.</p> <p>Farm-to-fork Restaurants: The menu of The Blue Raven Restaurant & Pub in Pikeville features “Kentucky and Appalachian staples with unique twists” like the bone-in pork chop with maple bacon glaze; Marksbury Farm Market, a restaurant, butcher shop, retail market and processing facility in Lancaster, serves lunch, processes poultry, pork, beef, lamb and goat and sells fresh meats, produce, breads and prepared foods.</p> <p>Culinary Trails: If you are a culinary explorer, you’ll enjoy traveling to discover new and different food experiences in Kentucky. The trails listed here offer you an opportunity to experience local Kentucky cuisine through different themes as you travel across the state: I-65 Culinary Trail I-75 Culinary Trail Sweets Bon Appetit Appalachia Western Kentucky BBQ Hot Brown Hop Brewgrass Trail Kentucky Bourbon Trail Urban Bourbon Trail Beer Cheese Trail Culinary Trails</p>

<p>FOR MORE INFO</p>	<p>Telephone: 1-800-225-8747 Website: http://www.kentuckytourism.com Facebook: https://www.facebook.com/travelkentucky Pinterest: http://www.pinterest.com/kentuckytourism Twitter: https://twitter.com/kentuckytourism Instagram: Kytourism</p>
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	For Northern Kentucky: www.meetnky.com For Louisville: www.GoToLouisville.com
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