



Underneath It All: Where to Go for National Caves Day

(June 1, 2026) – It’s our tradition here at MBPR to pop into your inbox each spring to remind you not to skimp on the celebration of **National Caves and Karst Day** on June 6. We know ... you’re thinking, “Has a year gone by already?” Indeed, it has.

So it’s once again time for us to tell you all about caves (you know what they are) and karst (which is less familiar to most people). Karst is the type of topography that’s created when bedrock like limestone or gypsum dissolves, and that means that water sinks into it rather than flows over it. And THAT creates fascinating features like natural bridges and sinkholes ... and, of course, caves.

The MBPR team proudly represents clients in two very cavy parts of the United States ... Virginia’s Shenandoah Valley and – well, it makes perfect sense – “Cave Country” in Kentucky. Before we tell you a little more about each of the three caves we work with, we want to give you some guidelines for cave visits. (We firmly believe you’re going to be so inspired by this message that you’ll want to grab your gear and head to one of them as soon as you can.)

Five Tips for Visiting Caves

- 1. Don’t be scared ... but we’ll still respect you if you are.** We’ve learned that caves are very divisive things. While many people find them fascinating, others find them – or perhaps the critters they expect to see inside them (read: bats, cave crickets, translucent aquatic creatures) – traumatizing. Yes, you’re underground. Yes, it’s dark ... and your guide will most assuredly take a moment during the tour to turn off lights and flashlights and let complete darkness surround you. Three-fourths of the MBPR team think all this is pretty cool and can tell you that there’s truly nothing to be afraid of, but we will not judge if (like that fourth member of our team) you choose to skip the fun.
- 2. Dress for the occasion.** Caves maintain a steady temperature all year round. Two of the caves we work with register at 54, and the other is 57 degrees. Though it can feel great to escape the summer heat as you head underground, it does get chilly, so have a jacket or sweatshirt with you.
- 3. Watch your head.** Though some caves are huge, there’s always something low-hanging that you’ll need to avoid. Also, lots of people like to wear caps into caves so they’re not startled by what we call a “cave kiss.” That’s when the water that’s seeping through the rock actually plops right onto your head. FYI: Those in the cave community say this is supposed to bring good luck, so you might go seeking those kisses.

4. **And watch your step.** The caves we work with all have great walking paths, but technically these are outdoorsy, natural attractions. That means surfaces are not always even. Also, inevitably someone else on your tour will be so busy checking out their surroundings that they'll walk right into you. So skip the flip-flops and opt for sneakers or hiking shoes instead. Your feet will thank you.
5. **Use your imagination.** Your guide will point out interesting cave structures throughout your tour, and sometimes you'll be thinking, "That does NOT look like a dragon." But if you let your creativity be your guide, we promise you WILL understand what "cave bacon" is. Think of it like spotting shapes in clouds when you were a kid.

Now that you're equipped for the journey, let's talk about the three incredible caves we work with. Each is special in its own ways, plus they all include a bonus experience if you time your visit correctly.



[Lost River Cave](#)

What Sets It Apart: This attraction is located within the city limits of [Bowling Green, Kentucky](#), and it's the only natural underground cave in the state that you get to tour on a boat. That's right ... the river is running right through the cave, and the boat makes the tour ideal for guests of various ages and mobility levels. There's a lot of local lore surrounding this cave, so you'll have to board a boat yourself to find out whether it really was a camp for both sides during the Civil War and if the outlaw Jesse James truly hid out here.

Bonus Experience: Back in the day, this cave was one of the city's nightclubs! These days, that area right at the cave entrance (good news: it's rock, not river here) is sometimes converted into the most interesting movie theater we've ever seen. On select dates from June through October, the cave wall becomes a screen for special "[member movie night](#)" showings. You must buy a membership to enter, but it's a great deal. For the price of one membership, you can take six people to a classic movie for way less than it would cost to visit your local cineplex.

Mammoth Cave National Park

What Sets It Apart: The name says it all ... this place is enormous. Located just outside of Bowling Green, this is the longest known cave system on Earth. So far, upwards of 400 miles have been explored but there's still more to be discovered. The cave is operated by the National Park Service, and rangers escort visitors on a variety of tours that are designed for nearly every type of explorer. Some tours are wheelchair-accessible, whereas others require you to scoot through on your hands and knees.

Bonus Experience: This National Park is a certified International Dark Sky Park, meaning that the stargazing here is beyond compare. You might come to explore the dark underground, but you'll discover that the dark sky above is equally fascinating. You're welcome to bring stargazing equipment, but on many nights you won't need anything but your eyeballs to see the stars and planets up there. Also, the rangers offer occasional interpretive evenings, like the astrophotography workshop scheduled for July or the Perseids Meteor Shower program in early August.



Shenandoah Caverns

What Sets It Apart: Virginia's Shenandoah Valley used to be covered by an ancient ocean, and the remains of all that marine life formed the limestone that creates amazing caves and a rich soil that's ideal for growing grapes. This brings the combination of lots of caves and lots of vineyards and wineries ... which means that a trip to [Shenandoah County, Virginia](#), offers a little adventure and a little relaxation. Shenandoah Caverns is a rarity in that it was formed by both underground rivers and seismic activity. Usually, a cave is formed by one of those elements or the other, but not both.

Bonus Experience: Your ticket to the cave can also provide admission to [American Celebration on Parade](#), an attraction you really need to see to describe. The 44,000-square-foot building is home to floats, props and memorabilia from parades and parties celebrating everything from inaugurations to holidays to sporting events. You can even climb into the driver's seat of a float to see what it's like to try to navigate the parade route.

There you have it ... your annual reminder that caves are cool. So grab a jacket, prepare for the occasional cave kiss and go explore beneath the surface (literally).