



PRESS
RELEASE

‘Kentucky Life’ gets out and about, celebrating stories about the Great Outdoors

FOR RELEASE: Jan. 15, 2021

The next episode of KET’s *Kentucky Life* will get you out and about, featuring stories about the Great Outdoors! Ride the rapids of the Russell Fork River; watch the sandhill cranes as they arrive at Barren River Lake; soak in the sights and sounds of nature in Dawson Springs, Kentucky’s first Trail Town; and capture the dream shot of the Moonbow at Cumberland Falls.

Kentucky Life: Outdoors airs Saturday, Jan. 30, at 8/7 pm and Sunday, Jan. 31, at 4/3 pm on KET, and Monday, Feb. 1, at 7/6 pm on KET2.

First, *Kentucky Life* travels to the Russell Fork River in Eastern Kentucky, an annual draw for experienced whitewater rafters who love to run some of the most challenging rapids in the country.

Then, *Kentucky Life* heads to Barren River Lake, where birdwatchers delight in one of the season’s most majestic events: the arrival of the sandhill cranes.

Next, *Kentucky Life* is off to Dawson Springs, Kentucky’s first Trail Town, which sports more than 100 miles of trails for adventurers, whether for hiking, mountain biking or horseback riding.

Finally, *Kentucky Life* stops in at Cumberland Falls State Park, where visitors descend from around the world in an attempt to photograph the Cumberland Falls’ elusive Moonbow effect.

Kentucky Life is a KET production, produced by Chelsea Gorham.



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