

VOLUME 2

# *Kentucky*

TRAIL TOWNS

Where the Outdoors and Amenities Meet





# GETTING AWAY FROM IT ALL DOESN'T HAVE TO MEAN BEING IN THE MIDDLE OF NOWHERE.

Kentucky's designated Trail Towns put you near the best outdoor action in the state – including hundreds of miles of trails, woods and waters – but keep you in cities and towns offering hotels, restaurants, attractions, entertainment and other conveniences to round out your stay.

To be a certified Kentucky Trail Town, these popular destinations have made a commitment to share their area's outdoor opportunities, culture, history and stories to visitors hungry for adventure. Since its inception, this program under the state's Tourism, Arts & Heritage Cabinet has designated 24 communities across Kentucky to serve as official gateways to the state's great outdoors.

Here's just a taste of what awaits!

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Explore Kentucky's Trail Towns!  
[kentuckytourism.com/ky-outdoors/trail-towns](http://kentuckytourism.com/ky-outdoors/trail-towns)

Dawson Springs





Stearns

## KENTUCKY TRAIL TOWNS OVERVIEW

Located in Western Kentucky, **Dawson Springs** was the state's first official Trail Town and is home to scenic trails, a beautiful lake and lots of adventure at Pennyrile Forest State Resort Park. **Brownsville** neighbors massive Mammoth Cave National Park, Nolin Lake and the Green River, while nearby **Morgantown** shares the river and adds lots of park trails.

South of Louisville, **Elizabethtown** offers abundant parks and trails systems, while **Munfordville** offers easy access to great paddling trails while visiting Kentucky's own Stonehenge. A little further south, **Cave City**, **Horse Cave** and **Park City** are perfect bases to explore the area's caves and outdoor adventures.

**Columbia** sits on the banks of Russell Creek – which connects to the Green River and Green River State Park – and neighboring **Campbellsville** offers great fishing on the river. **Jamestown** is widely known as one of the key gateways to Lake Cumberland fun and **Stearns**, famous for its scenic train rides, also sits near Big South Fork National River and Recreation Area.

After spending time in **Berea's** charming downtown, hit the Pinnacle Trail for stunning views. Moving southeast, **London** offers full-on family fun at Levi Jackson State Park

and serene **McKee** in the foothills of Daniel Boone National Forest is especially popular for horse riders. **Manchester** offers some of the state's most popular ATV and water trails.

Known as Harlan Tri-Cities, the towns of **Cumberland**, **Benham** and **Lynch** combine to deliver attractions like Pine Mountain Scenic Trail and Kingdom Come State Park, both tucked between two mountain ranges. Nearby **Hazard** offers exciting ATV trails and elk tours.

Adventure in Eastern Kentucky means a trip near the Virginia border to **Elkhorn City**, a regional hotspot for rushing whitewater and more in an area known as the "Grand Canyon of the South." **Slade** is home to the striking Natural Bridge and endless adventures as well.

And did we mention how these Trail Towns provide easy access to outdoor fun?

The Dawkins Line Rail Trail cuts right through **Royalton**, Sheltoewe Trace National Recreation Trail passes just outside the town of **Livingston** and through downtown Morehead, which is also home to outstanding fishing at Cave Run Lake. A trail in **Olive Hill** takes you directly to Carter Caves State Resort Park.



## TRAIL TOWNS

Berea	Elkhorn City	Livingston	Munfordville
Brownsville	Elizabethtown	London	Olive Hill
Campbellsville	Estill Twin Cities	Manchester	Royalton
Cave City/ Horse Cave	Harlan Tri-Cities	McKee	Slade
Columbia	Hazard	Morehead	Stearns
Dawson Springs	Jamestown	Morgantown	

## LAKES

1. Kentucky/Barkley
2. Lake Cumberland
3. Green River Lake
4. Laurel River Lake
5. Cave Run Lake
6. Nolin River Lake
7. Barren River Lake

## RIVERS

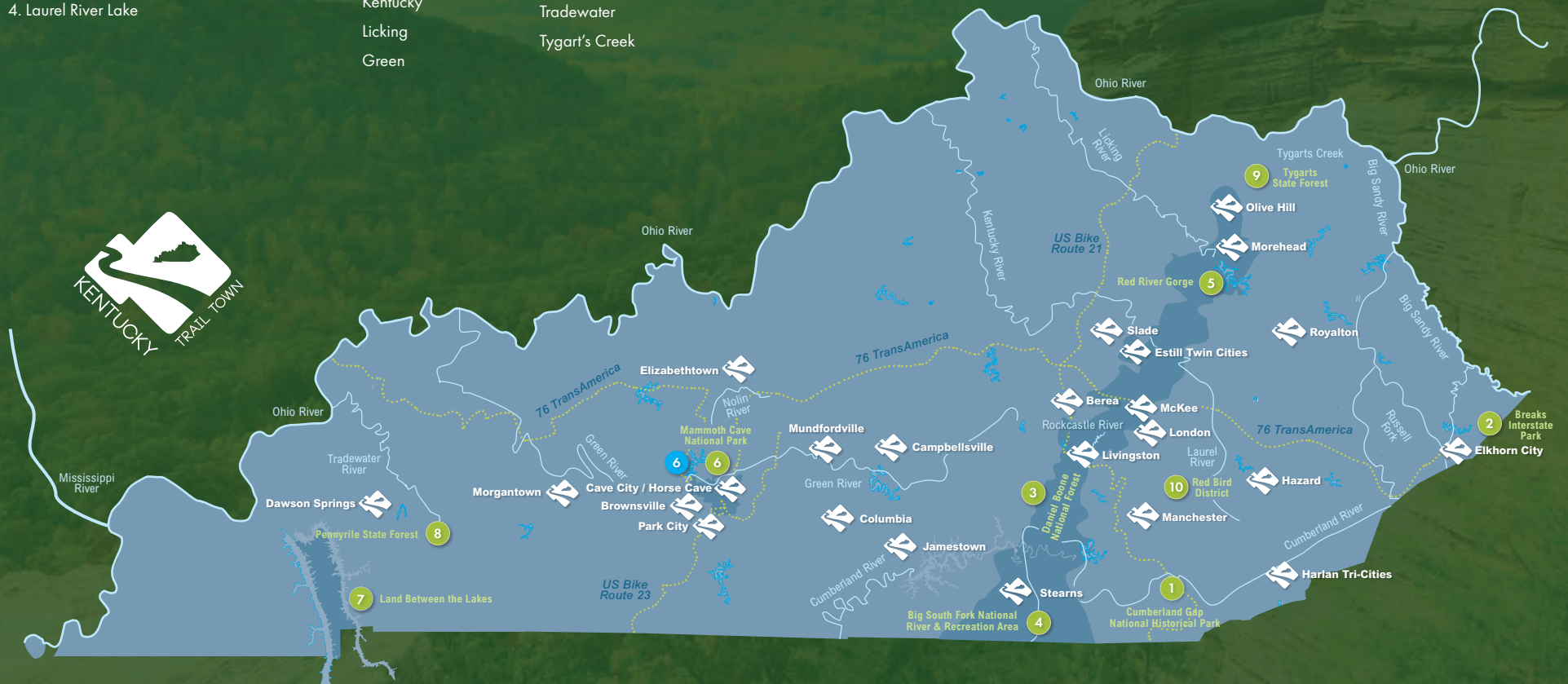
- |                              |                |
|------------------------------|----------------|
| Big Sandy                    | Cumberland     |
| Big South Fork<br>Cumberland | Rockcastle     |
| Kentucky                     | Russell Fork   |
| Licking                      | Tradewater     |
| Green                        | Tygart's Creek |

## PUBLIC LANDS

1. Cumberland Gap National Historical Park
2. Breaks Interstate Park
3. Daniel Boone National Forest
4. Big South Fork National River & Recreation Area
5. Red River Gorge
6. Mammoth Cave National Park
7. Land Between the Lakes
8. Pennyriple State Forest
9. Tygarts State Forest
10. Red Bird District

## US BIKE ROUTES

- USBR 76 TransAmerica
- USBR 21
- USBR 23



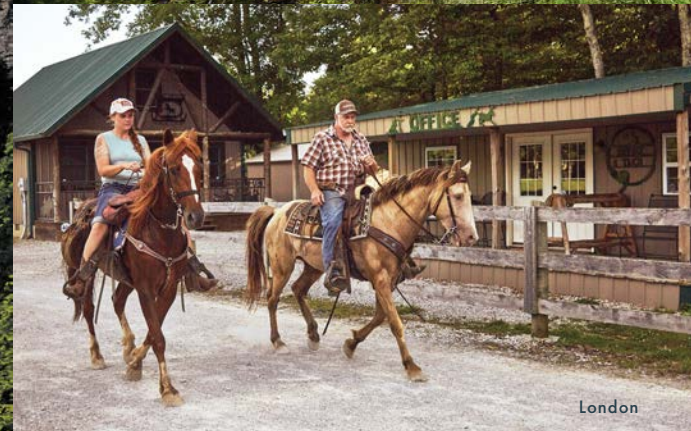




Elkhorn City



Slade



London

## EXPLORE MORE OF THE OUTDOORS IN KENTUCKY

If you are looking for an escape, Kentucky is the place to play with abundant wilderness and waters to explore, including the world's longest cave and three of the country's largest man-made lakes.

Trek through some of the 400 miles of passages at Mammoth Cave, the longest cave system on the planet, then explore the area's trails, rivers, zip lines and more in and around Mammoth Cave National Park. When your day of play comes to an end, check into the on site lodge, where a variety of cottages and rooms await.

From deep below ground to high above it, the Red River Gorge in southeastern Kentucky is a mecca for rock climbing

and stunning scenery. It's also home to the spectacular sandstone arch Natural Bridge, countless trails and campsites, high-flying zip lines and off-road adventures. Further southeast, where Kentucky borders Virginia, Black Mountain is the state's highest peak reaching 4,145 feet. Black Mountain Cabins offers 11 cabins in the shadow of the peak, providing ideal bases for a day or three of exploration.

Cumberland Gap National Park in the Appalachian Mountains was a passageway for Native Americans and westbound American settlers that now preserves the area's flora, fauna and natural beauty for plenty of fun – and relaxation! Also in the south-central part of the state, Cumberland Falls State Resort Park frames a rushing waterfall in Daniel Boone National Forest with cozy accommodations at its DuPont Lodge with 51 rooms and a riverside observation deck.

Visitors can also trek through countless trails that wind through the state, including Sheltowee Trace National Recreational Trail, the state's longest, stretching nearly 260 miles through Daniel Boone National Forest.

Kentucky is an angler's paradise. Land Between the Lakes National Recreation

Area sits between Lake Barkley and Kentucky Lake – two of the largest man-made lakes in the country – whose vast waters offer a combined 3,000 miles of shoreline for fishing, water-skiing, boating, tubing and swimming. Kentucky Lake is lined with properties that lend themselves to lazy weekends on the water. Lakeview Cottages, pitched on the side-channel of Cypress Bay, offer a handful of fully furnished family-sized retreats. Finally, whether you want to do it all or get away from it all, Kentucky State Parks offer adventures aplenty – from shorelines and mountains to caves and trails – with accommodations ranging from rustic to refined. Full-service resorts, cozy cottages and scenic campsites, plus top-rated golf and breathtaking lakes, await in scenic locations around the state.





Jamestown

# Kentucky

EXPLORE THE TRAIL TOWNS OF



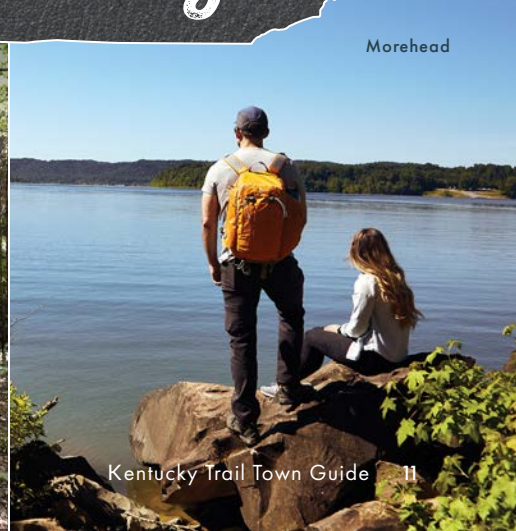
Campbellsville



Harlan



Cave City / Horse Cave



Morehead





# DAWSON SPRINGS

📍 37°10'02.4"N 87°41'34.1"W

The state's first certified Trail Town offers a host of outdoor adventures in the heart of Western Kentucky. **Pennyrile Forest State Resort Park**, the 13-mile **Pennyrile Nature Trial** and **Pennyrile Lake** join **Lake Beshear**, **Tradewater River** and **Jones Keeney Wildlife Management Area** to create plenty of places to play just outside of town.

Restaurants, hotels and outfitters in the city provide everything you need to complete your stay.

## MORE INFORMATION

Dawson Springs City Hall  
270-797-4248  
[www.dawsonspringsky.com](http://www.dawsonspringsky.com)



## ★ FEATURES

### PUBLIC LAND

- Pennyrile Forest State Resort Park
- Pennyrile State Forest
- Tradewater River
- Lake Beshear

### HIKE

- Pennyrile Nature Trail
- Jones-Keeney Trail System

### BIKE

- Pennyrile State Forest Mountain Bike System (mountain)
- Pennyrile Area Cyclists PAC Challenge Routes (road)

### PADDLE

- Tradewater River (class I)
- Lake Beshear (flat)

### RIDE

- Pennyrile State Forest Equine Trail System
- West Kentucky ATV Recreation Area

### CAMP

- Pennyrile Forest State Resort Park

### OUTFITTERS

- Tradewater Canoes & Kayaks

### CAN'T MISS!

- Tradewater Pirates Baseball
- Dawson Springs Museum & Art Center
- Ms. Becky's Place
- Trail Town Spirits
- Mule Days, May

## 📷 DESTINATION HIGHLIGHTS

- Dawson Springs was the first certified Kentucky Trail Town.
- Dawson Springs was built on tourism, as it was once home to popular mineral spring bath houses.







# LIVINGSTON

📍 37°17'53.4"N 84°12'53.9"W

The first Trail Town in Eastern Kentucky is nestled in **Rockcastle County** inside **Daniel Boone National Forest**. After enjoying **Sheltowee Trace National Recreation Trail**, **Red Hill Horse Camp**, numerous mountain bike trails, kayaking, fishing, camping and float trips, visitors can explore the historic **Livingston School** or make a short trip to soak up authentic local entertainment at **Renfro Valley Entertainment Center**.

## MORE INFORMATION

Livingston Visitor Center  
606-453-2710  
[www.rockcastle tourism.com](http://www.rockcastle tourism.com)



## ★ FEATURES

### PUBLIC LANDS

- Daniel Boone National Forest
- Rockcastle River

### HIKE

- Sheltowee Trace National Recreational Trail
- Daniel Boone National Forest Trail Systems

### BIKE

- Sheltowee Trace National Recreational Trail (sections only/mountain)

### PADDLE

- Rockcastle River (class I-IV)
- Lake Linville (flat)

### CLIMB

- Daniel Boone National Forest Bouldering

### RIDE

- Climax Horse Camp
- Just-Kik-N-It Ranch
- Red Hill Horse Camp

### CAMP

- Daniel Boone National Forest
- Red Hill Horse Camp
- Rockcastle River Campground

### OUTFITTERS

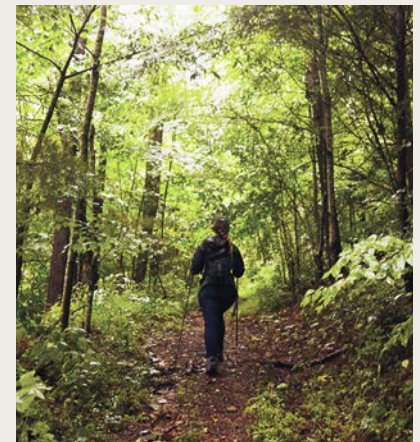
- Climax Horse Camp
- Just Kik-N-It Ranch
- Red Hill Horse Camp
- Rockcastle Outdoor Company

### CAN'T MISS!

- Renfro Valley & the Kentucky Music Hall of Fame
- Rockcastle River Trading Company
- Saltpetre Cave Open House, May
- Wildcat Mountain Challenge, July

## 📷 DESTINATION HIGHLIGHTS

- **The Sheltowee Trace Association** is located within the Livingston Trail Town Visitor Center.
- Renewed purpose was given to the **Livingston School** as it was transformed into the Trail Town Visitor Center after decades of being closed.
- A short drive from the school is **Rockcastle River Trading Company** and the family home of world-renowned garden designer Jon Carlotis.
- Just up the road is **Renfro Valley** and the **Kentucky Music Hall of Fame**. Beginning in 1939, the



"Country Music Capital of Kentucky" has seen some of the biggest acts in the music world play on its stage.





# MOREHEAD

38°10'51.6"N 83°26'1.2"W

A true hub for outdoor adventure, **Morehead** offers easy access to many recreational pursuits. Kentucky's longest trail, **Sheltoewe Trace**, travels through the heart of downtown. **Cave Run Lake** – known as the “Musky Capital of the South” – sits just outside of town, along with a system of 100 miles of trails popular with mountain bikers and equestrians. Restaurants, shopping and a visit to the **Rowan County Arts Center** will round out your stay.

## MORE INFORMATION

Morehead Tourism  
606-780-4342  
[www.moreheadtourism.com](http://www.moreheadtourism.com)



## ★ FEATURES

### PUBLIC LANDS

- Daniel Boone National Forest
- Cave Run Lake

### HIKE

- Sheltoewe Trace National Recreation Trail
- Eagle Lake Trail
- Cave Run Lake Trail System

### BIKE

- Cave Run Lake Trail System (mountain)
- Bike Morehead Routes (road)

### PADDLE

- Licking River (class I)
- Cave Run Lake (flat)
- Eagle Lake (flat)

### RIDE

- Cave Run Lake Trail System (horse)

### CAMP

- Twin Knobs Campground
- Zilpo Campground

### OUTFITTERS

- Cave Run Bicycle Shop
- Switchback Cycling and Outdoors
- Morehead Cycle
- The Ole Cornfield
- Log Cabin Kayaks

### CAN'T MISS!

- Fuzzy Duck Coffee Shop
- Bakery on Main
- Kentucky Folk Art Centre
- Rowan County Art Center
- Minor E. Clark Fish Hatchery
- Bike Morehead, June
- Poppy Mountain Bluegrass Festival, September

## 📷 DESTINATION HIGHLIGHTS

- Approximately 30 miles from the northern terminus of the **Sheltoewe Trace**, Morehead is a popular stop for thru-hikers or day hikers since the trail travels through the center of town.
- **Cave Run Lake** has earned the moniker of “Musky Capital of the South,” but fishing is good for several species.
- Morehead has a rich cultural scene, anchored by the **Kentucky Folk Art Center** and **Rowan County Art Center**.
- For a behind-the-scenes look at what it takes to keep Kentucky's fisheries thriving, stop by the



**Minor E. Clark Fish Hatchery**, operated by the Kentucky Department of Fish and Wildlife Resources and located near Cave Run Lake.





# OLIVE HILL

📍 38°18'00.3"N 83°10'29.7"W

Overflowing with small-town charm, **Olive Hill** offers big opportunities to explore Kentucky's great outdoors. Flowing right through downtown, **Tygarts Creek** carves a natural gorge on both sides of the city, while **Carter Caves State Resort Park**, one of Kentucky's oldest, offers 30 miles of hiking trails over its 1,800 acres. Full of rich history, the town is today known for music, community events and its historic depot offering a glimpse of the past.

## MORE INFORMATION

Carter County Tourism  
606-474-5366  
[www.cartercountytourism.com](http://www.cartercountytourism.com)



## ★ FEATURES

### PUBLIC LANDS

- Carter Caves State Resort Park
- Tygarts State Forest
- Tygarts Creek

### HIKE

- Carter Caves State Resort Park Trail System

### BIKE

- Olive Hill Cycling Routes (road)

### PADDLE

- Tygarts Creek (class I-II)
- Smoky Valley Lake at Carter Caves State Resort Park (flat)

### CLIMB

- Carter Caves State Resort Park

### RIDE

- Olive Hill Trail System (horse)
- Smokey Valley Farm

### CAMP

- Olive Hill Depot Trail Head
- Carter Caves State Resort Park

### OUTFITTERS

- Smokey Valley Farm
- Grigsby Outdoor Adventures

### CAN'T MISS!

- Walker's Family Restaurant
- Tyler's Pizza
- Olive Hill Center for Arts & Education
- Fraley Festival of Traditional Music, September

## 📷 DESTINATION HIGHLIGHTS


- Olive Hill is home to country music legend **Tom T. Hall**.
- **Carter Caves** is the only Kentucky State Park where visitors can rock climb and rappel within the park.







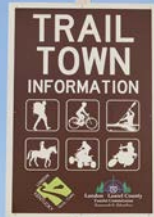
# LONDON

 37°08'55.4"N 84°06'48.3"W

Sitting between the Trail Towns of **Livingston** and **Stearns**, **London** makes a name for itself thanks to top-notch cycling routes drawing thousands each year for the nationally recognized **Redbud Ride**. This is also the home of **Levi Jackson Wilderness Road Park**, a trio of waterways (**Rockcastle River**, **Laurel River** and **Laurel River Lake**), **Wildcat ATV park**, and popular hunting and fishing spots. The town's vibrant farmers market serves as one of its trail heads.

## MORE INFORMATION

Laurel County Tourism  
800-348-0095  
[www.visitlondonky.com](http://www.visitlondonky.com)



## ★ FEATURES

### PUBLIC LANDS

- Daniel Boone National Forest
- Levi Jackson Wilderness Road Park
- Laurel River Lake

### HIKE

- Sheltowee Trace National Recreation Trail
- Daniel Boone National Forest Trail System
- Levi Jackson Trail System

### BIKE

- Laurel River Lake Trails (mountain)
- London Laurel County Cycling Routes (road)
- U.S. Bike Route 21

### PADDLE

- Rockcastle River (class I-IV)
- Laurel River below Dam (class III-IV)
- Laurel River Lake (flat)
- Wood Creek Lake (flat)

### RIDE

- Wildcat Adventure Off-Road Park

### CAMP

- Daniel Boone National Forest
- Laurel River Lake campgrounds
- Levi Jackson Wilderness Road Park

### CAN'T MISS!

- Treetop Adventures at Levi Jackson Wilderness Road Park
- Camp Wildcat Civil War Battlefield & Reenactment
- Redbud Ride, April

## DESTINATION HIGHLIGHTS

- London is the self-proclaimed "Cycling Capital of Kentucky."
- The **Redbud Ride** was named "Century Ride of the Year" by Active.com.
- Fishing in **Laurel River Lake** is excellent for both small mouth bass and walleye, plus it is also becoming a popular spot for stand-up paddle boarding.







# STEARNS

📍 36°41'56.5"N 84°28'37.8"W

With abundant history and recreation, **Stearns** is a great place to learn and play. The town provides easy access to countless outdoor opportunities in **Big South Fork National River & Recreation Area**, **Daniel Boone National Forest** and **Sheltoewe Trace National Recreation Trail**. The historic **Stearns Depot** serves as the town's trail head, where you can hop on **Stearns Historic Railway** for an exciting excursion through the past in **Big South Fork**.

## MORE INFORMATION

McCreary County Tourism  
606-376-3008  
[www.mccrearytourism.com](http://www.mccrearytourism.com)



## ★ FEATURES

### PUBLIC LANDS

- Big South Fork National River & Recreation Area
- Daniel Boone National Forest
- Cumberland Falls State Resort Park
- Big South Fork of Cumberland River

### HIKE

- Sheltoewe Trace National Recreational Trail
- Big South Fork Trail System
- Daniel Boone National Forest Trail System

### BIKE

- Big South Fork Trail System (mountain)
- Daniel Boone National Forest Trail System (mountain)

### PADDLE

- Big South Fork Cumberland River (Class I-IV)

### CLIMB

- Big South Fork National River & Recreation Area

### RIDE

- Barren Fork Horse Camp
- Bell Farm Horse Camp
- Bear Creek Horse Camp

### CAMP

- Big South Fork National River & Recreation Area
- Daniel Boone National Forest

### OUTFITTERS

- Sheltoewe Trace Outfitters

### CAN'T MISS

- Stearns Depot
- Big South Fork Scenic Railway
- Blue Heron Historic Mining Camp
- Big South Fork Outdoors
- The Dairy Bar
- No Business 100 Trail Race, October
- Run Yamacraw, April

## 📷 DESTINATION HIGHLIGHTS

- The **Run Yamacraw** and **No Business 100 trail races** are the fastest-growing trail races in Kentucky, drawing racers from around the world.
- The historic **Stearns Depot** and **Big South Fork Scenic Railway** provide a truly unique journey into the heart of the **Big South Fork**, terminating at **Blue Heron Mining Camp**. It is a seven-mile journey taking about an hour, with special themed trips throughout the year – most notably at Halloween.







# ELKHORN CITY

📍 37°18'14.4"N 82°21'05.8"W

The 16-mile section of Kentucky's **Russell Fork River** between Haysi, Virginia, and **Elkhorn City**, Kentucky, is known as the place to go for the area's best whitewater and is home to one of the country's classic creek runs. While the upper section runs between class II-IV, an October dam release pumps up the fun to class V rapids in the stunning 1,600-foot **Breaks Gorge** section, also known as the "Grand Canyon of the South."

## MORE INFORMATION

Pike County Tourism  
606-432-5063  
[www.tourpikecounty.com](http://www.tourpikecounty.com)



## ★ FEATURES

### PUBLIC LANDS

- Breaks Interstate Park
- Russell Fork Big Sandy River

### HIKE

- Pine Mountain State Scenic Trail
- Breaks Interstate Park Trail System

### BIKE

- Breaks Interstate Park Trail System (mountain)
- Transamerica U.S. Bike Route 76 (road)

### PADDLE

- Russell Fork Big Sandy River (class II-V+)

### CLIMB

- Breaks Interstate Park



### OUTFITTERS

- Kentucky Whitewater

### CAN'T MISS!

- Zip Lining and Elk Tours at Breaks Interstate Park
- Time Out Pizza & Grill
- Artist Collaborative Theatre
- 361 Adventures Breakdown Adventure Race, April

## 📷 DESTINATION HIGHLIGHTS

- Every October, whitewater paddlers flock to Elkhorn City and Breaks Interstate Park to float the **Russell Fork** for annual whitewater releases.
- Split between the commonwealths of Virginia and Kentucky, **Breaks Interstate Park** is one of only two Interstate Parks in the nation.
- Elkhorn City is home to country music star **Patty Loveless**.







# JAMESTOWN

📍 36°59'03.8"N 85°03'46.2"W

Jamestown's claim to fame may be **Lake Cumberland** – known as the “Houseboat Capital of the World” – and at 101 miles long, it is one of the largest man-made lakes in the nation. But the town also offers easy access to premier trout fishing on the **Cumberland River**, great flat water canoeing and kayaking from the dam to **Winfrey's Ferry**, and an abundance of marinas, lakeside accommodations, boat rentals, extensive trails and more.

## MORE INFORMATION

Lake Cumberland  
Tourist Commission  
270-866-4333  
[www.lakecumberlandvacation.com](http://www.lakecumberlandvacation.com)



## ★ FEATURES

### PUBLIC LANDS

- Lake Cumberland State Resort Park
- Lake Cumberland

### HIKE

- Lake Cumberland State Resort Park Trail System

### PADDLE

- Cumberland River (class I)
- Lake Cumberland (flat)

### BIKE

- Lake Cumberland Area Cycling Routes (road)

### CAMP

- Lake Cumberland State Resort Park
- Kendall Campground

### OUTFITTERS

- Captain Jake's on the River
- Kentucky Pedal and Paddle
- The State Dock
- Wolf Creek Marina
- Jamestown Marina

### CAN'T MISS!

- Wolf Creek National Fish Hatchery & Hatchery Creek
- Wolf Creek Dam
- Creelsboro Historic Country Store & Restaurant
- World's Largest Raft Up, August

## 📷 DESTINATION HIGHLIGHTS

- **Lake Cumberland** is the “Houseboat Capital of the World.”
- **Lake Cumberland** is known for world-class striped bass fishing, with numerous fishing guides available.
- Hatchery Creek at **Wolf Creek Dam** is a haven for fishing trout.







# MANCHESTER

📍 37°08'44.8"N 83°45'39.5"W

## ★ FEATURES

### PUBLIC LAND

- Daniel Boone National Forest Redbird District
- Y-Hollow
- Goose Creek

### HIKE

- Daniel Boone National Forest Trail System

### PADDLE

- Goose Creek River (class I)
- Redbird River (class I)
- South Fork River (class I)

### RIDE

- Daniel Boone National Forest Redbird Crest Trails (ATV)
- Y-Hollow Trail System (ATV)

### CAMP

- Daniel Boone National Forest Redbird District
- Bert T. Combs Park

### CAN'T MISS!

- Clay County Swinging Bridges
- Historic Salt Works
- Redbird River Petroglyphs
- Farmers Market



Home to historic swinging bridges and top-notch canoeing, **Manchester** also boasts 30-plus miles of mild whitewater along **Goose Creek River**, relaxing floats on the **South Fork of the Kentucky River** and some of the best muskie fishing in the state.

The area is also home to **Daniel Boone National Forest** and **Redbird Crest** ATV and hiking trails. After your day of play, explore the town's Appalachian heritage at the restored **Salt Works Pioneer Village**.

### MORE INFORMATION

Stay in Clay  
606-391-6161  
[www.claycountykentucky.org](http://www.claycountykentucky.org)



## 📷 DESTINATION HIGHLIGHTS

- Fishing in local creeks and rivers is excellent for small mouth and the elusive muskie.
- Manchester and **Clay County** are home to numerous historical feuds.







# HARLAN TRI-CITIES

📍 36°58'21.1"N 82°58'19.9"W

The historic mining communities of **Cumberland**, **Benham** and **Lynch** combine to offer a cornucopia of outdoor fun. Enjoy beautiful mountains, scenic overlooks, nature trails and wildlife at attractions like **Kingdom Come State Park**, or along the **Little Shepherd** or **Pine Mountain State Scenic Trails**. Bike trails are popular here, including the **Summit Bike Trail** that takes you to the top of **Black Mountain**, the state's highest point.

## MORE INFORMATION

Cumberland Tourism  
606-589-5812  
[www.harlancountytrails.com](http://www.harlancountytrails.com)



## ★ FEATURES

### PUBLIC LANDS

- Kingdom Come State Park

### HIKE

- Pine Mountain State Scenic Trail
- Kingdom Come State Park Trail System
- Looney Creek Trail

### BIKE

- Black Mountain Madness Routes (road)

### RIDE

- The Stables at Creekside Glen (horse)

### CAMP

- Kingdom Come State Park

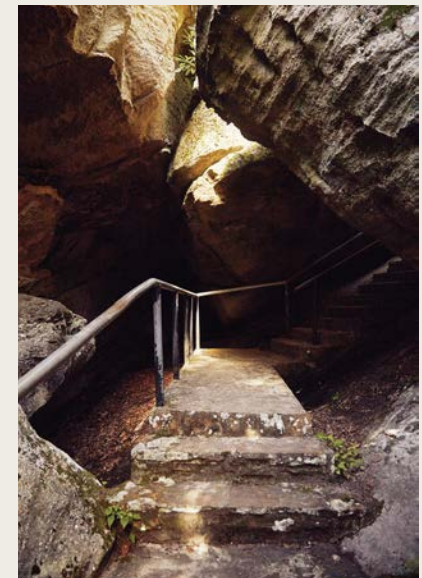


### CAN'T MISS!

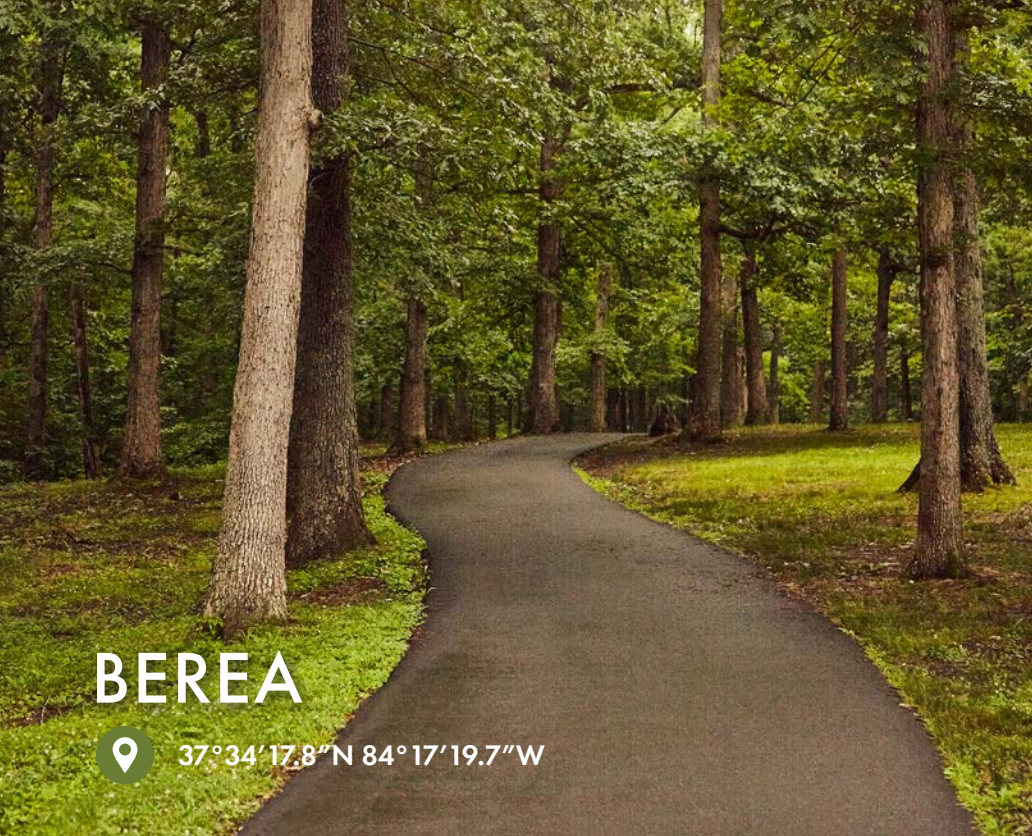
- Portal 31 Mine Tours
- Benham School House Inn
- Kentucky Coal Mining Museum
- Lamp House Coffee
- Hoagie Shop
- Black Mountain Madness Ride to the Summit, July
- Farmers Market

## 📷 DESTINATION HIGHLIGHTS

- **Black Mountain** is the tallest peak in Kentucky at 4,145 feet.
- The 1903 novel by John Fox Jr. titled "The Little Shepherd of Kingdom Come" is set in this area.
- **Cumberland**, **Lynch** and **Benham** were once "company towns" built by companies such as U.S. Steel (Lynch) and International Harvester (Benham).
- The **Benham School House Inn** was built in 1926 as a K-12 school and attracted some of the best teachers of the time, due to high salaries supplemented by International Harvester.







# BEREA

📍 37°34'17.8"N 84°17'19.7"W

## ★ FEATURES

### PUBLIC LANDS

- Berea College Forest

### HIKE

- Pinnacle Trails at Berea College Forest (Indian Mountain Fort Trails)
- Anglin Falls John B. Stephenson Trail

### BIKE

- TransAmerica U.S. Bike Route 76 (road)
- U.S. Bike Route 21

### PADDLE

- Owsley Fork Reservoir (flat)

### CAMP

- HomeGrown HideAways

### OUTFITTERS

- Boone Gap Outfitters



### CAN'T MISS!

- Boone Trace and Boone Gap
- Historic Boone Tavern
- Kentucky Artisan Center
- Artisan Village
- Berea Geocaching Trail
- Berea Craft Festival, October

Most know **Berea** at the "Folk Arts and Crafts Capital of Kentucky" – and the arts scene is internationally known here – but just as popular is the city's location near tons of outdoor fun. You'll be close to **Berea College Forest**, where you can spend a few days discovering peaceful natural surroundings. Lodging options include

**Historic Boone Tavern Hotel and Restaurant**, one-of-a-kind cottages and B&Bs, as well as eclectic dining.

### MORE INFORMATION

Berea Tourism  
859-986-2540  
[www.visitbera.com](http://www.visitbera.com)



## 📷 DESTINATION HIGHLIGHTS

- **Boone Gap** on the Madison and Rockcastle county lines is a centerpiece of **Boone Trace**, and the location where Daniel Boone himself once stood and surveyed the Kentucky Bluegrass Region for the first time.
- **Berea Craft Festival** is one of the most popular arts and craft shows in Kentucky.
- The **Kentucky Artisan Center** at Berea serves as both a popular rest area on Interstate 75, as well as a marketplace offering an extensive collection of Kentucky-made goods.





# COLUMBIA

📍 37°06'09.5"N 85°18'21.2"W

## ★ FEATURES

### PUBLIC LAND

- Green River Lake State Park
- Russell Creek

### HIKE

- Green River Lake State Park Trail System

### BIKE

- Green River Lake State Park Trail System (mountain)

### PADDLE

- Russell Creek (class I)
- Green River (class I)

### CAMP

- Green River Lake State Park



### OUTFITTERS

- Longhunter Outfitters

### CAN'T MISS!

- Farmers Market on the Square
- Lindsey Wilson College



Located in scenic southern Kentucky along the banks of **Russell Creek**, **Columbia** gets its beauty and outdoor appeal from **Green River Lake**, a paradise for fisherman, paddlers and boaters offering 25 miles of scenic waterways to explore. The lake's **Holmes Bend Marina** hosts the **Annual USA Crappie Tournament** each year. Rich in history, local artisans and rolling countryside, the area is a popular place for biking as well.

### MORE INFORMATION

Columbia-Adair County Tourism  
270-384-6020  
[www.tourismcolumbiaky.com](http://www.tourismcolumbiaky.com)



## 📷 DESTINATION HIGHLIGHTS

- Local **Lindsey Wilson College** fields one of the country's best cycling teams and regularly competes for national championships.







# ROYALTON

📍 37°40'50.1"N 83°01'53.7"W

## ★ FEATURES

### PUBLIC LAND

- Dawkins Line Rail Trail

### HIKE

- Dawkins Line Rail Trail

### BIKE

- Dawkins Line Rail Trail

### RIDE

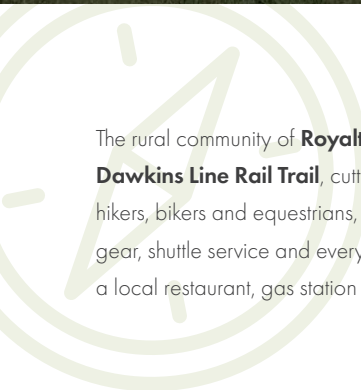
- Dawkins Line Rail Trail (horse)

### OUTFITTERS

- Royalton Cycle Center

### CAN'T MISS!

- Horne's Nest Pizza & Grill
- Honeysuckle & Horse Patty Half Marathon
- The Cheesecake Lady



The rural community of **Royalton** features Kentucky's longest Rails to Trails Project, the **Dawkins Line Rail Trail**, cutting right through the center of town. It's popular among hikers, bikers and equestrians, and a bike store right next to the trail head offers rentals, gear, shuttle service and everything you need to hit the trail. For added convenience, a local restaurant, gas station and retail store are located at the trail head as well.

### MORE INFORMATION

Royalton Trail Town  
[www.royaltontrailtown.org](http://www.royaltontrailtown.org)



## 📷 DESTINATION HIGHLIGHTS


- Royalton is the halfway point of Kentucky's Longest Rail to Trail Project, the **Dawkins Line**.
- Royalton was built as a company town for Dawkins Lumber Company in 1920.







# SLADE

 37°47'43.9"N 83°42'19.0"W

This gateway to the world-renowned **Red River Gorge** gets you to some of the best rock climbing in the world, where thousands of outdoor enthusiasts each year come to climb the area's walls, hike its trails, view its landscapes and take in its natural beauty.

**Slade** is also home to one of the most popular state parks in Kentucky, **Natural Bridge State Resort Park**, where you can ride the sky lift or hike up to its namesake sandstone arch.

## MORE INFORMATION

Powell County Tourist Commission  
606-663-1161  
[www.gopoco.org](http://www.gopoco.org)



## FEATURES

### PUBLIC LANDS

- Daniel Boone National Forest, Red River Gorge
- Natural Bridge State Resort Park

### HIKE

- Shelton Trace National Recreational Trail
- Daniel Boone National Forest Trail System
- Natural Bridge State Resort Park Trail System

### PADDLE

- Red River (class I-II)
- Mill Creek Lake (flat)

### BIKE

- Red River Rally Routes (road)

### CLIMB

- Red River Gorge
- Red River Gorge Climbers Coalition Properties

### CAMP

- Koomer Ridge
- Natural Bridge State Resort Park
- Red River Gorge Campground
- Miguel's Pizza

### OUTFITTERS

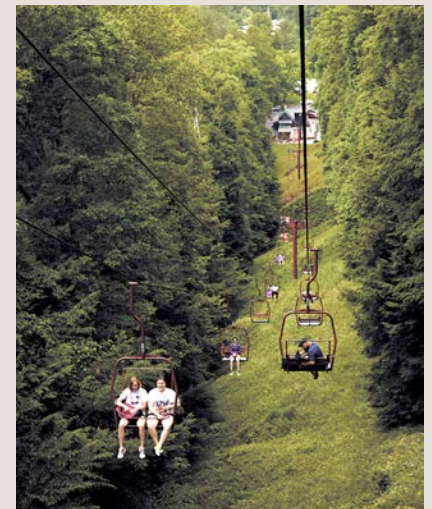
- Fox Mountain Guides
- Kentucky Rock and Adventure Guides
- Red River Outdoors
- Torrent Falls Climbing Adventures

### CAN'T MISS!

- Miguel's Pizza
- Red River Rockhouse
- Sky Bridge Station
- Rocktoberfest, October

## DESTINATION HIGHLIGHTS

- Slade and the **Red River Gorge** are the epicenter of rock climbing in Kentucky.
- **Natural Bridge State Resort Park's** namesake natural bridge is 78 feet long and 65 feet high.
- **Miguel's Pizza** is a mecca for climbers visiting the area and has become as famous as the sandstone cliffs itself.







# McKEE

📍 37°25'47.9"N 83°59'16.3"W

Nestled in the hills of the middle part of **Daniel Boone National Forest**, **McKee** is home to numerous outdoor adventures. **Sheltowee Trace National Recreation Trail** passes just outside of town and horse lovers giddy-up to **Triple R Ranch**, run by local cowboys who offer guided rides and diverse camp experiences. The **TransAmerica Trail** travels right through downtown, where several lodging and dining options await.

## MORE INFORMATION

Jackson County Tourism  
606-287-4712  
[www.visitjacksoncountyky.org](http://www.visitjacksoncountyky.org)



## ★ FEATURES

### PUBLIC LANDS

- Daniel Boone National Forest

### HIKE

- Sheltowee Trace National Recreation Trail
- Flat Lick Falls Trail

### BIKE

- TransAmerica U.S. Bike Route 76 (road)

### RIDE

- Triple R Ranch (horse)
- S-Tree (ATV)
- Turkey Foot (ATV)

### CAMP

- Daniel Boone National Forest
- S-Tree
- Turkey Foot
- Sheltowee Trace Rentals

### OUTFITTERS

- Triple R Ranch

### CAN'T MISS!

- Opal's Restaurant & Pies
- Warrior's Path Historic Trail
- Flat Lick Falls Waterfall
- Sheltowee Trace Artisans Fair, May

## 📷 DESTINATION HIGHLIGHTS

- McKee is home to the **Battle of Big Hill** Civil War reenactment.
- The historic **Warriors Path** travels through McKee.







# MUNFORDVILLE

📍 37°16'16.0"N 85°53'23.0"W

## ★ FEATURES

### PUBLIC LANDS

- Green River
- Green River Park & Arboretum

### HIKE

- Jenny Wilson Byrd Memorial Trail

### BIKE

- U.S. Bike Route 23 (Road)

### PADDLE

- Green River

### CAMP

- Green River Park & Arboretum

### OUTFITTERS

- Big Buffalo Crossing Canoe & Kayak



### CAN'T MISS!

- 300 Springs Waterfall
- Kentucky Stonehenge
- Big Buffalo Crossing BBQ Cook Off, October
- Hart County Civil War Days, September

With its location right on the banks of **Green River**, how could Munfordville not be one of the most popular paddling towns in Kentucky? The majestic river flows downstream from town through the heart of **Mammoth Cave National Park**, while upstream takes paddlers and explorers past waterfalls. Boat rentals are available from local outfitters, and the **Green River Park & Arboretum** is home to beautifully constructed hiking trails.

### MORE INFORMATION

Munfordville Tourism  
270-524-4752  
[www.visitmunfordville.com](http://www.visitmunfordville.com)




## 📷 DESTINATION HIGHLIGHTS

- The **Big Buffalo BBQ Cook Off** has become one of the premier BBQ competitions in Kentucky.
- **Kentucky Stonehenge** was constructed by Munfordville native Chester Fryer and also includes rock gardens and traditional gardens.





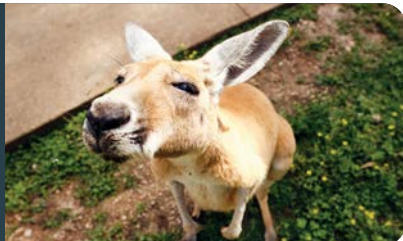
# CAVE CITY/HORSE CAVE

 37°08'28.5"N 85°58'00.4"W

The town of **Horse Cave** is centered over **Hidden River Cave**, whose entrance – and largest natural opening – is located right on Main Street. You can take a mild or wild cave tour, check out the world's longest underground suspension bridge, zip line across the mouth of the cave or rappel down its limestone face. Nearby **Cave City** is the gateway to **Mammoth Cave National Park** and a host of outdoor adventures as well.

## MORE INFORMATION

Horse Cave/Hart County Tourism  
270-218-0386  
[www.kygetaway.com](http://www.kygetaway.com)



## ★ FEATURES

### PUBLIC LANDS

- Mammoth Cave National Park
- Green River

### HIKE

- Mammoth Cave Trail System

### BIKE

- Brier Creek Trail System (mountain)
- Mammoth Cave Trail System (mountain)
- U.S. Bike Route 23 (road)
- Cave Country Pedal Routes (road)

### PADDLE

- Green River

### CLIMB

- Hidden River Cave Zipline & Rappel

### RIDE

- Mammoth Cave Trail System (horse)

### CAMP

- Mammoth Cave National Park
- Jellystone Park Yogi Bear's Camping Retreat
- Jesse James Cabins & Campground

### OUTFITTERS

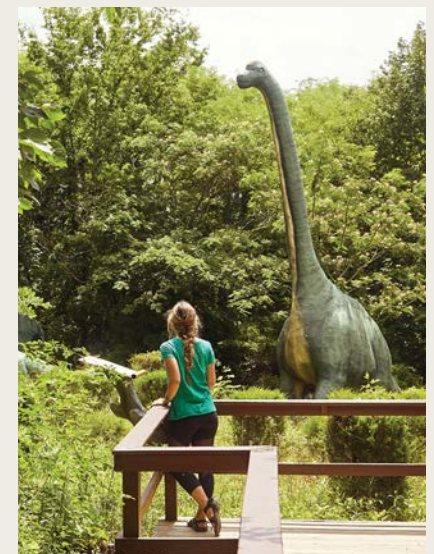
- Cave Country Canoe
- Green River Canoeing
- Mammoth Cave Canoe & Kayak
- Double J Stables & Riding Camp
- Jesse James Riding Stables
- Mammoth Cave Horse Camp
- Mammoth Cave Adventures

### CAN'T MISS!

- Kentucky Down Under Adventure Zoo
- Dinosaur World
- Turtlelini's Pizza
- Bucky B's BBQ
- Dennison's Roadhouse Market
- Mammoth-On, September
- Jammin on the Porch, every Thursday

## DESTINATION HIGHLIGHTS

- This is the epicenter of Kentucky's cave region – anchored by **Mammoth Cave** – but explorers can also visit **Hidden River Cave**, **Cub Run Cave**, **Diamond Caverns**, **Crystal Onyx Cave** and **Lost River Cave**.
- Visitors to **Kentucky Down Under** will find unique animals like kangaroos, lorries and emus.







# CAMPBELLVILLE

📍 37°20'28.9"N 85°20'36.5"W

Nestled in the heart of Kentucky, **Campbellville** is an oasis for outdoor adventure. Explore **Green River Lake State Park's** 8,210 acres, plus lakeside campgrounds and Kentucky's only floating cabins. **Green River Lake** is a popular destination for fishing, boating and water skiing, or explore the local terrain by hiking, mountain biking, even horseback riding. The town is also rich in Civil War history, with attractions offering a look at that past.

## MORE INFORMATION

Taylor County-Campbellville  
Tourist Commission  
270-465-3786  
[www.campbellvilleky.com](http://www.campbellvilleky.com)



## ★ FEATURES

### PUBLIC LANDS

- Green River Lake State Park
- Green River Lake
- Green River

### HIKE

- Green River Lake Trail System
- Trace Pitman Greenway

### BIKE

- Green River Lake State Park Trail System (mountain)

### PADDLE

- Green River (class I)
- Green River Lake (flat)

### RIDE

- Green River Lake Trail System (horse)
- Green River Stables (horse)



### CAMP

- Green River Lake State Park

### OUTFITTERS

- The Spoke Easy (bike)
- Longhunter Outfitters (paddle)
- Green River Stables (horse)

### CAN'T MISS!

- Harden Coffee
- Brothers BBQ
- Druther's Restaurant
- Tebb's Bend Battlefield
- Oak & Axe Southern Art Gallery

## 📷 DESTINATION HIGHLIGHTS

- Fishing in **Green River Lake** is very popular, particularly for crappie, and a number of fishing guides operate throughout the year.
- Campbellville is home to the last remaining **Druther's** restaurant.
- Campbellville's vibrant downtown offers a variety of charming shops, restaurants and several buildings on the National Register of Historic Places.







# ESTILL TWIN CITIES

📍 37°41'04.7"N 83°57'12.6"W



The twin cities of **Ravenna** and **Irvine** team up to offer a winning mix of natural beauty, frontier history and scenic views of **Red Lick Valley**, **Sweet Lick Knob** and **Estill Springs**, once home to Shawnee Indians and now home to great outdoor recreation.

## MORE INFORMATION

Estill Action Group  
[www.estillactiongroup.com](http://www.estillactiongroup.com)



## ★ FEATURES

### PUBLIC LANDS

- Kentucky River

### HIKE

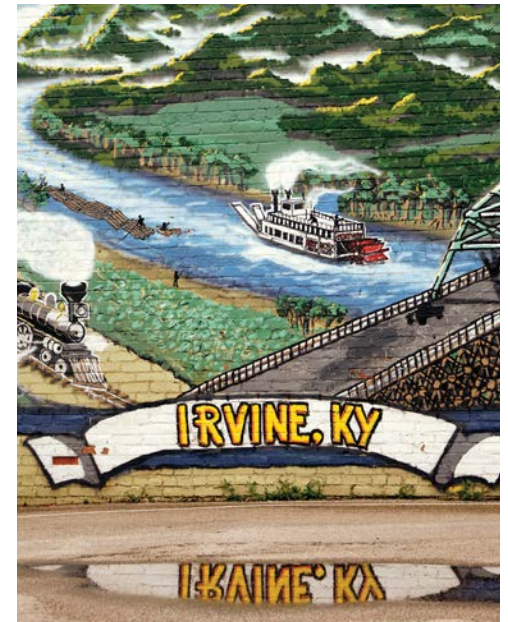
- Fitchburg Furnace Trail
- Lily Mountain Nature Preserve

### PADDLE

- Kentucky River (flat-class I)

### CAN'T MISS!

- Historic Steam Engine C&O 2716 at Rail Heritage Center
- Steam Engine Pizza Pub
- Mountain Mushroom Festival, April



## 📷 DESTINATION HIGHLIGHTS

- Irvine sits along the **Kentucky River** at Station Camp Creek.
- Then known simply as "**The Village**," Ravenna was once a popular stop on the Louisville & Nashville Railroad.







# HAZARD

 37°16'43.9"N 83°12'29.0"W



In the heart of the **Appalachian coalfields** of Eastern Kentucky, **Hazard** offers a pleasing mix of natural landscapes, rugged beauty and adventure. A variety of trails are available for walking, hiking, biking or horseback riding, and this is a sought-after destination for ATVs and dirt bikes. When you're ready to rest after all that play, take a quilt tour, enjoy specialty shopping, browse arts and crafts – or just relax by a peaceful lake or stream.

## MORE INFORMATION

Perry County Hazard Tourism  
606-487-1580  
[www.hazardperrytourism.com](http://www.hazardperrytourism.com)



## FEATURES

### PUBLIC LANDS

- Buckhorn Lake State Resort Park
- Perry Park
- North Fork Kentucky River

### HIKE

- Buckhorn Lake Trail System
- Perry Park Trails

### BIKE

- TransAmerica U.S. Bike Route 76 (road)

### PADDLE

- North Fork Kentucky River (class I-II)
- Buckhorn Lake (flat)

### RIDE

- Perry County ATV Trails



### CAMP

- Buckhorn Lake State Resort Park
- Eagle's Landing Campground

### CAN'T MISS!

- Elk Tours at Buckhorn Lake State Resort Park
- Jabo's Coal River Grille
- Big Blue Smokehouse
- Perry County Farmers Market
- Mother Goose House

## DESTINATION HIGHLIGHTS


- Hazard is in the heart of the **Elk Restoration Zone**, so opportunities to see and hunt elk are numerous.
- One of Kentucky's most remote state parks, **Buckhorn Lake State Resort Park** sits at the site of the lost community of Bowlingtown.







# BROWNSVILLE

 37°11'37.2"N 86°16'05.9"W

**Brownsville** offers plenty of water recreation on **Nolin Lake** and the **Green River**, adding even more outdoor fun at horse camps, ATV parks, trail systems, campgrounds and more. But no visit here is complete without spending a day or more exploring its largest attraction – nearby **Mammoth Cave National Park**, home of the longest known cave system in the world!

## MORE INFORMATION

Edmonson County Tourism  
270-597-2222  
[www.cavesandlakes.com](http://www.cavesandlakes.com)



## ★ FEATURES

### PUBLIC LANDS

- Mammoth Cave National Park
- Nolin Lake State Park
- Green River

### HIKE

- Mammoth Cave Trail System
- Nolin Lake Brier Creek Trail System

### BIKE

- Nolin Lake Brier Creek Trail System (mountain)

### PADDLE

- Green River
- Nolin Lake

### RIDE

- Mammoth Cave Trail System (horse)
- Blue Holler ATV Park



### CAMP

- Mammoth Cave National Park
- Nolin Lake Campgrounds

### OUTFITTERS

- Double J Stables (horse)
- Mammoth Cave Horse Camp (horse)
- Green River Canoeing (canoe/kayak)

### CAN'T MISS!

- Town Square Farmers Market (June-October)

## DESTINATION HIGHLIGHTS

- Check out locally owned **Bertie's Ice Cream** and the **Blue Holler Café**.
- **Lincoln Trail Outfitters** carries a host of outdoor equipment.







# ELIZABETHTOWN

📍 37°42'40.7"N 85°50'06.7"W

## ★ FEATURES

### PUBLIC LANDS

- Elizabethtown/Hardin County Park System
- Saunders Springs Nature Preserve
- Youngers Creek

### HIKE

- Elizabethtown Greenspace Trail System
- Elizabethtown/Hardin County Park System Trails
- Saunders Springs Trail System
- Youngers Creek Trail System

### BIKE

- Buffalo Lake Trail System (mountain)
- Freeman Lake Trail System (mountain)
- Saunders Spring Trail System (mountain)
- Youngers Creek Trail System (mountain)
- Hub City Tour Routes (road)

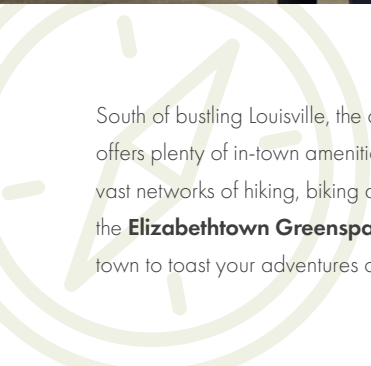


### PADDLE

- Buffalo Lake (flat)
- Freeman Lake (flat)

### CAN'T MISS!

- Bullmoose Brothers Bicycle Shop
- Running Soles
- Back Home Restaurant
- Wicked Eyed Woman
- The Original Impellizzeri's
- Bourbon Barrel Tavern



South of bustling Louisville, the city of **Elizabethtown** – known by the locals as “E-town” – offers plenty of in-town amenities and attractions. But it’s also known for its easy access to vast networks of hiking, biking and paddling trails along **Buffalo Lake, Freeman Lake**, the **Elizabethtown Greenspace** and several parks. After your day of play, head into town to toast your adventures over a craft beer at **Flywheel Brewing**.

### MORE INFORMATION

Elizabethtown Tourism  
800-437-0092  
[www.touretown.com](http://www.touretown.com)



## 📷 DESTINATION HIGHLIGHTS

- Elizabethtown labeled itself as the first “Urban Trail Town.”
- Elizabethtown Greenspace is one of the oldest conservation organizations in Kentucky.
- Be sure to grab a Trail Town Ale from Flywheel Brewing.







# MORGANTOWN

📍 37°13'33.1"N 86°41'00.0"W

## ★ FEATURES

### PUBLIC LANDS

- Green River
- Morgantown Park System

### HIKE

- Morgantown Park Trails

### PADDLE

- Green River

### CAN'T MISS!

- Butler County Arts Guild
- Green River Ramble (June)
- Catfish Festival (July)
- Harvest on the Square (October)



**Morgantown** is one of several towns along the **Green River**, a popular waterway for paddling that is also surrounded by hiking trails. Even more trails await throughout **Morgantown Park**. You'll want to explore both areas, but be sure to leave plenty of time to enjoy the town's local shops, historic attractions and year-round events.

### MORE INFORMATION

City of Morgantown  
270-526-3557  
[www.morgantown-ky.com](http://www.morgantown-ky.com)



## 📷 DESTINATION HIGHLIGHTS

- Check out the **Green River Museum** in nearby Woodbury.
- Morgantown is the farthest downstream Trail Town on the **Green River** and provides access to a number of historic sites and communities.







# PARK CITY

📍 37°05'32.3"N 86°02'53.9"W

Once a stagecoach and railway stop for travelers, **Park City** today is still a gateway to history and adventure in the heart of Kentucky Cave Country. Explore nearby **Diamond Cavern** and don't miss a tour of the world's longest-known cave system at **Mammoth Cave National Park!** Above ground, find plenty of hiking, biking, trails and waterways set in beautiful surroundings.

## MORE INFORMATION

Park City Tourism  
270-537-1213  
[www.visitparkcityky.com](http://www.visitparkcityky.com)



## ★ FEATURES

### PUBLIC LANDS

- Mammoth Cave National Park

### HIKE

- Mammoth Cave Rail Trail
- Mammoth Cave National Park Trail System

### BIKE

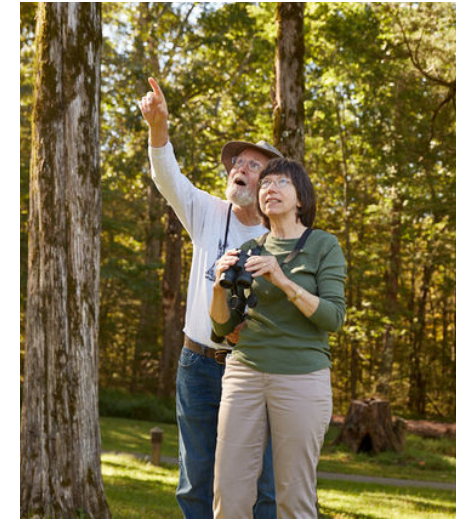
- Mammoth Cave Rail Trail
- Mammoth Cave National Park Trail System

### PADDLE

- Green River

### RIDE

- Mammoth Cave National Park Trail System (horse)



### CAN'T MISS

- Bell's Tavern
- Diamond Caverns
- Grand Victorian Inn
- Park Mammoth Resort

## 📷 DESTINATION HIGHLIGHTS

- **Park City** is set to receive "Dark Sky" certification, offering great views of the night sky.
- **Historic Bell's Tavern** is now a community park and a welcome rest stop for cyclists.
- Park City joins Munfordville, Cave City-Horse Cave and Brownsville as certified Kentucky Trail Towns from the **Cave Country Trails** region.





