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
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, Sheltowee 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.
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. Pennyrile State Forest
9. Tygarts State Forest
10. Red Bird District

US BIKE ROUTES
USBR 76 TransAmerica
USBR 21
USBR 23

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
Cumberland
Rockcastle
Russell Fork
Tradewater
Tygart’s Creek

TRAIL TOWNS
Berea
Brownsville
Campbellsville
Cave City/Horse Cave
Columbia
Dawson Springs
Elkhorn City
Estill Twin Cities
Hazard
Jamestown
Livingston
London
Manchester
McKee
Morehead
Morgantown
Munfordville
Olive Hill
Royalten
Slade
Searns

Kentucky Trail Town Guide
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.
EXPLORE THE TRAIL TOWNS OF KENTUCKY

Jamestown
Campbellsville
Harlan Tri-Cities
Morehead
Cave City / Horse Cave

Kentucky Trail Town Guide
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 Trail 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

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 Trail 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

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.

FEAT URES

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
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.rockcastletourism.com

“Country Music Capital of Kentucky” has seen some of the biggest acts in the music world play on its stage.
Morehead offers easy access to many recreational pursuits. Kentucky’s longest trail, Sheltowee 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.

**FEATUERS**

**PUBLIC LANDS**
- Daniel Boone National Forest
- Cave Run Lake

**HIKE**
- Sheltowee 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 Sheltowee 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.

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**MORE INFORMATION**

Morehead Tourism
606-780-4342
www.moreheadtourism.com
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.

**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)
- Smokey 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.

**MORE INFORMATION**

Carter County Tourism
606-474-5366
www.cartercountytourism.com
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

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.
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
• Sheltowee 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
• Sheltowee 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

MORE INFORMATION
McCreary County Tourism
606-376-3008
www.mccrearytourism.com

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.

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 Sheltowee 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.
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

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.
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.

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
Manchester

37°08’44.8”N 83°45’39.5”W

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

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.

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
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.haranlcountytrails.com

HARLAN TRI-CITIES
36°58'21.1”N 82°58'19.9”W

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.
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.visitberea.com
COLUMBIA

37°06’09.5”N 85°18’21.2”W

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

DESTINATION HIGHLIGHTS
• Local Lindsey Wilson College fields one of the country’s best cycling teams and regularly competes for national championships.

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
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

**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.

**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!**
- Hornet’s Nest Pizza & Grill
- Honeysuckle & Horse Patty
  Half Marathon
- The Cheesecake Lady
**FEATURES**

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

**HIKE**
- Sheltowee 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

**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.gapoco.org

**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

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.

MORE INFORMATION
Jackson County Tourism
606-287-4712
www.visitjacksoncountyky.org

Kentucky Trail Town Guide
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
270-324-4752
www.visitmunfordville.com

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

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

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.
Nestled in the heart of Kentucky, Campbellsville 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-Campbellsville Tourist Commission
270-465-3786
www.campbellsvilleky.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.
- Campbellsville is home to the last remaining Druther’s restaurant.
- Campbellsville’s vibrant downtown offers a variety of charming shops, restaurants and several buildings on the National Register of Historic Places.
ESTILL TWIN CITIES

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

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

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.

37°16’43.9"N 83°12’29.0"W

MORE INFORMATION
Perry County Hazard Tourism
606-487-1580
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 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 Chamber & Tourism Offices  
270-597-2222  
www.cavesandlakes.com

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**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.
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.

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

MORE INFORMATION
Elizabethtown Tourism
800-437-0092
www.touretown.com
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.

**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)

**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.

**MORE INFORMATION**
City of Morgantown
270-526-3557
www.morgantown-ky.com
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.

**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.

**MORE INFORMATION**

Park City Tourism
270-537-1213
www.visitparkcityky.com