



# Lick Creek Trail #631

Stearns Ranger District • Daniel Boone National Forest • Kentucky



**Stearns District**  
3320 US 27 North  
Whitley City, KY 42653  
606-376-5323



**Directions**  
At Whitley City take KY 478 west to KY 1651. Turn left (south) and follow 1651 for 1 mile before reaching Stearns Ranger Station Road (Forest Road 622) on your right (the first paved road past the school bus garage). The trailhead is 100 feet up Stearns Ranger Station Road. Park on the right.



**Open Dates**  
Trail is open all year.



**Trail Fees**  
None.



**Parking**  
At trailhead.



**Accessibility**  
This trail does not meet accessibility standards for persons with disabilities.



**For more information**  
Guides like this are available at [www.fs.usda.gov/dbnf](http://www.fs.usda.gov/dbnf).



Trails are closed to motorized vehicles.



Consumption of alcohol and open containers of alcohol are prohibited.



Camping and firebuilding in rock shelters is prohibited.

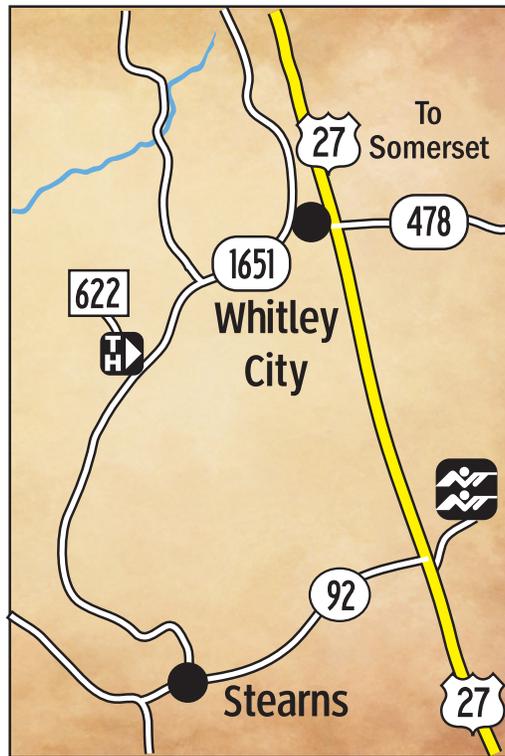
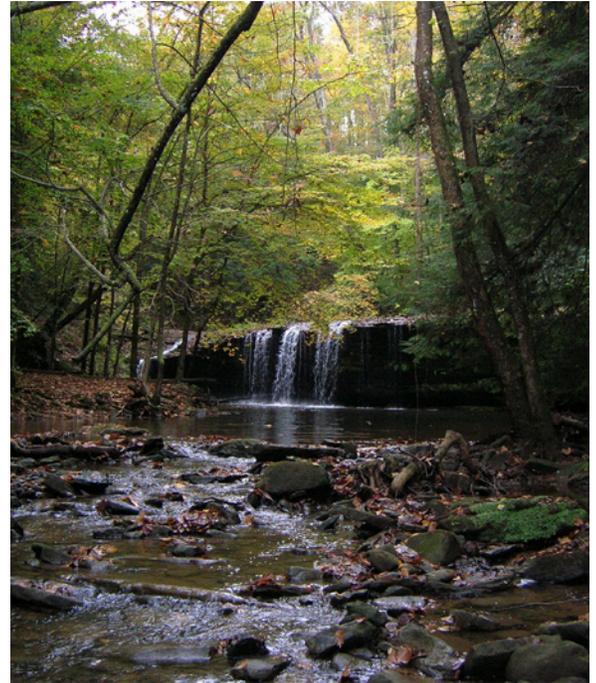


## Give A Hoot, Don't Pollute!

If you see someone dumping trash or damaging our forest, please report them to the nearest Forest Service office.

Lick Creek Trail is located on Stearns District of the Daniel Boone National Forest. The trail follows an old roadbed along a ridge for one mile before changing to a footpath. During the next 0.5-mile, the trail descends more than 300 feet in elevation. Several sets of metal stairs will be encountered. You will walk behind rock overhangs and shelters, and even cross beneath a wet season waterfall before reaching the creek after two miles along the trail.

At 2.25 miles, Lick Creek Falls Trail takes off to the left. This is a 1/2-mile trail to Lick Creek Falls. If continuing on the Lick Creek Trail, be sure to watch for white diamond blazes that mark the way. It will be necessary to cross Lick Creek several times, so be prepared for the possibility of getting your feet wet. Although the creek isn't too deep, it is wide in places.



At 3.35 miles along the trail, you will reach Princess Falls. These falls are thought to have been named after a woman in local legend, Princess Cornblossom. But we now know that the native people who lived here did not have kings, queens or princesses. The trail ends at 3.45 miles when it connects with the Sheltoewe Trace. The Sheltoewe Trace National Recreation Trail runs north and south along the Big South Fork River here. By following the Sheltoewe southward, Yamacraw Bridge and KY 92 will be reached within 1.2 miles.

Connections: Lick Creek Falls, Sheltoewe Trace National Recreation Trail Section 33 (7 miles)

**Begins:** Stearns Ranger Station Rd. 622  
**Ends:** Sheltoewe Trace Section 33  
**Length:** 3 miles  
**Difficulty:** More Difficult  
**Surface:** Dirt  
**County:** McCreary  
**Quad:** Whitley City  
**Closest Town:** Whitley City  
**Latitude:** 36.715116  
**Longitude:** -84.48116



**U.S. Department of Agriculture | Forest Service  
Southern Region | Daniel Boone National Forest**

Supervisors Office | 1700 Bypass Rd. | Winchester, KY 40391 | 859-745-3100

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# Lick Creek Falls Trail #631A

Stearns Ranger District • Daniel Boone National Forest • Kentucky



## Food storage required to reduce odors that attract bears.

Unless cooking or eating, store your food inside a hardtop vehicle, the trunk of a car or a bear-resistant container.

When camping in the backcountry hang your food at least 10 feet off the ground and four feet away from a tree.

Food and trash storage is mandatory on Daniel Boone National Forest under Supervisor Order DB-02-15.



Store food and trash in a closed motor vehicle with a solid top or a closed hard-body trailer.

Put food, trash and other odorous items in a bear-resistant container.



Put trash in a bear-resistant trash can or other receptacle provided by the Forest Service.

In backcountry areas, hang food and trash from a tree, out of a bear's reach.



This short spur trail to Lick Creek Falls offers much to be seen. It leads to an area of large rock shelters and the beautiful Lick Creek Falls. To return to Lick Creek Falls Trail, retrace your steps. When the trail splits, if you choose to go left to continue downstream on the Lick Creek Trail you will need to cross Lick Creek before reaching the junction with Lick Creek Trail.

Connections: Lick Creek Trail #631 (3 miles)

Begins:	Lick Creek Trail #631	Ends:	Lick Creek Falls
Length:	.5 mile	Surface:	Dirt
Difficulty:	More Difficult	Quad:	Whitley City
Closest Town:	Whitley City	Latitude:	36.71518621
County:	McCreary	Longitude:	-84.48148773

### General Notes:

Backpacking Loop: Lick Creek Falls, Sheltowee Trace (Section 33), Yahoo Falls, Yahoo Arch, and Alum trails make a nice backpacking loop of approximately 20 miles.

If you choose to camp along these trails, please set up your campsite at least 300 feet from any road, stream or trail. No camping is allowed in rock shelters. If you camp in the Big South Fork National River and Recreation Area, you will need a backcountry camping permit. Contact the National Park Service at 606-376-3787.

Parts of the Sheltowee Trace runs through the Big South Fork National River and Recreation Area, which is managed by the National Park Service. The USDA Forest Service manages other portions of this trail, which runs the full length of the Daniel Boone National Forest.

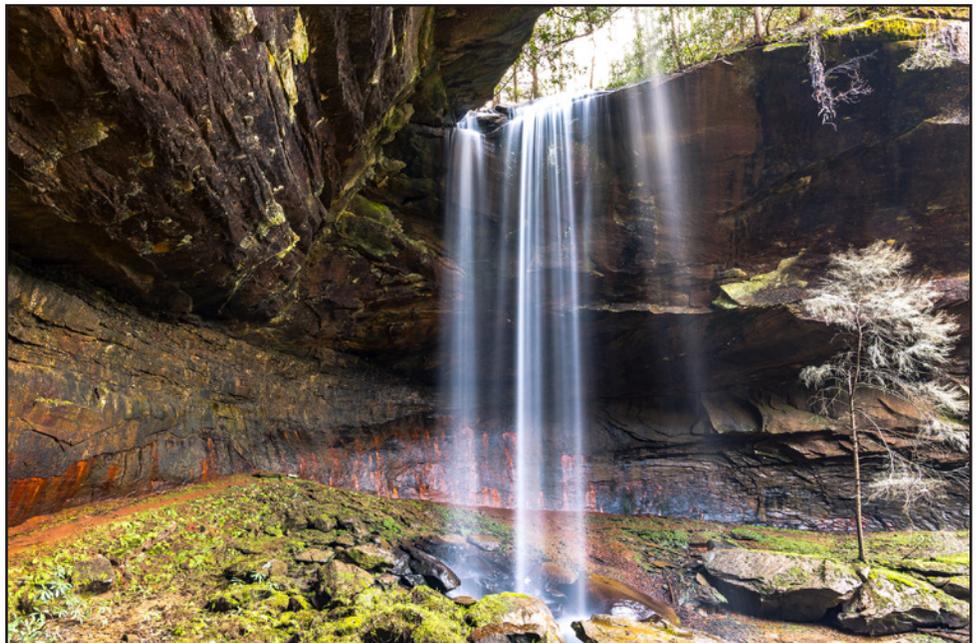
### The Sheltowee Trace National Recreation Trail

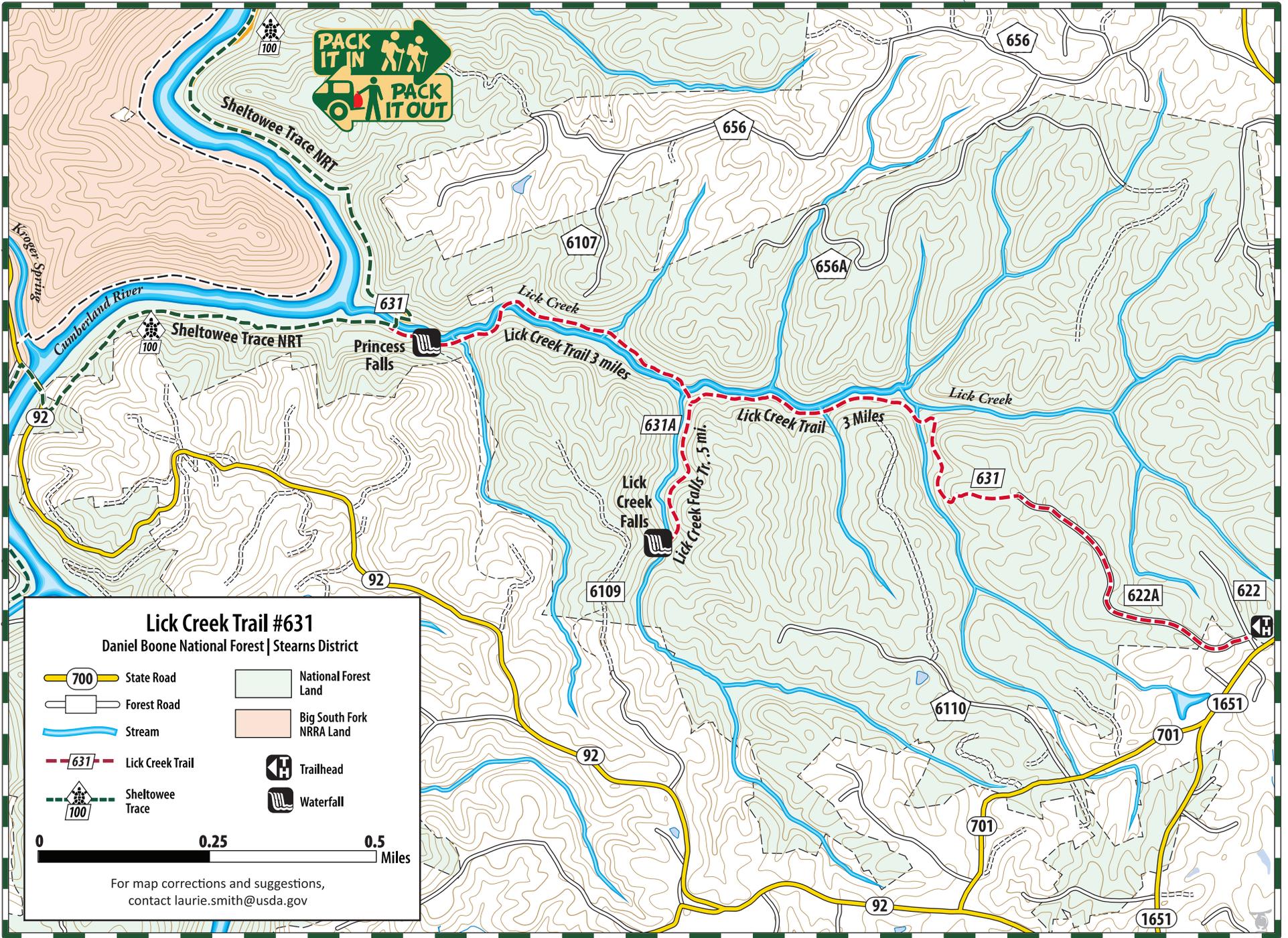
The Sheltowee Trace Trail is a 333-mile National Recreation Trail that stretches from the Big South Fork National River and Recreation Area in Tennessee to northern Rowan County, Kentucky. The trail is named after Daniel Boone, who was given the name Sheltowee (meaning "Big Turtle") when he was adopted as the son of the great warrior Chief Blackfish of the Shawnee tribe.

The trail is primarily in the Daniel Boone National Forest, but also takes visitors through the Big South Fork National River and Recreation Area, Cumberland Falls State Resort Park, Natural Bridge State Resort Park, two large recreation lakes (Cave Run Lake and Laurel Lake), and many wildlife management areas. All but the southernmost 45 miles are in Kentucky.

The trail is multi-use with certain sections, allowing horses, mountain bikes and all-terrain vehicles in some designated sections.

Don Sniegowski | Flickr





### Lick Creek Trail #631

Daniel Boone National Forest | Stearns District

-  State Road
-  Forest Road
-  Stream
-  Lick Creek Trail
-  Sheltoewe Trace
-  National Forest Land
-  Big South Fork NRRRA Land
-  Trailhead
-  Waterfall



For map corrections and suggestions,  
 contact [laurie.smith@usda.gov](mailto:laurie.smith@usda.gov)