

SHELTOWEE TRACE NATIONAL RECREATION TRAIL



Daniel Boone National Forest

1700 Bypass Road Winchester, KY 40391 859-745-3100



Location

Northern terminus is near Morehead, Kentucky. Southern terminus is located in the Big South Fork NRRA in Tennessee.



Fees

Trail use is free, but some recreation areas along the trail charge a small fee. A fee is required if you camp overnight in the Red River Gorge Geological Area, Indian Creek, most developed campgrounds and parking at some boat ramps.



Parking

At trailheads and recreation areas.



Camping

Camping is allowed on national forest lands along the trail. Developed campgrounds along the trail are Turkey Foot, S-Tree, Clear Creek, Barren Fork and Great Meadows.



Accessibility

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



Most sections are closed to motorized vehicles.



Consumption of alcohol and open containers of alcohol are prohibited.



No camping or firebuilding in rock shelters.

Come and explore nature along the Sheltowee Trace National Recreation Trail. This trail traverses nearly 290 miles across narrow ridges and deep ravines. The trail is open year round, so you can enjoy outdoor adventure in every season.

In the Daniel Boone National Forest, the Sheltowee Trace is considered the "backbone" of an expansive interconnecting trail system. Many other trails link to the Sheltowee Trace. Some trail connections provide loops for a short day hike, while others offer opportunities for multiple days of recreational challenge.

From north to south, the trail travels from the Knobs region to the Cumberland Plateau in southern and eastern Kentucky. Old homesteads, oil and gas wells and logging tracts can be seen along the trail, representing the remnants of past land uses that have occurred over time.

In 1979, the Sheltowee Trace was officially dedicated as part of the Daniel Boone National Forest trail system. The trail is named in honor of Daniel Boone. Sheltowee (pronounced shel-toe-ee) is the name given to Boone by Chief Blackfish of the Shawnee tribe, meaning "Big Turtle."

White diamonds bearing the image of a turtle mark the trail route. Trail junctions may also be marked with the national recreation trail symbol as shown on the map.

Hiking is allowed on the entire trail. The terrain is mostly rugged, so be prepared for strenuous travel in some areas. Horses, mountain bikes and off-highway vehicles less than 50 inches wide are permitted, but only on sections designated for those uses. Trail signs will indicate use permitted. You can customize the length and difficulty level of your trip by incorporating recreation areas and using trailhead parking lots along the route.

About the Forest

The Daniel Boone National Forest is part of the Forest Service, a federal agency under the U.S. Department of Agriculture that manages national forests and grasslands for multiple uses.

More information about regulations, fees and trail-use designations is available at district offices or on the forest website. Permits and forest maps may be purchased at district offices and some local stores near the forest. Check trailhead bulletin boards for additional trail information.

Other Agencies and Organizations

The Daniel Boone National Forest cooperates with other agencies and organizations in the management of the Sheltowee Trace.

State and National Parks

Cumberland Falls State Resort Park	parks.ky.gov/	800-325-0063
Natural Bridge State Resort Park	parks.ky.gov/	800-325-1710
Pickett CCC Memorial State Park	tnstateparks.com/parks/pickett	931-879-5821
Big South Fork NRRA	nps.gov/biso/index.htm	423-569-9778

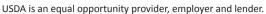
Other Information

The Sheltowee Trace Association sheltoweetrace.org 606-584-7744



U.S. Department of Agriculture | Forest Service Southern Region | Daniel Boone National Forest 1700 Bypass Rd. | Winchester, KY 40391

1700 Bypass Rd. | Winchester, KY 40391 859-745-3100 | www.fs.usda.gov/dbnf







SHELTOWEE TRACE NATIONAL RECREATION TRAIL







You are responsible for your own safety.

All outdoor activities have inherent risks and you may encounter a variety of unexpected and/or dangerous conditions. It is your responsibility to be informed and take precautions.

- Take a companion with you on the trail.
- Tell someone where you're going and when you're expected to return home.
- Carry some basic first aid items.
- Hunting is allowed on national forest lands under state regulations. Take appropriate safety precautions, like wearing safety orange, during hunting seasons.
- Cell phone service may not be available in many locations.
- Be weather wise. Prepare ahead for inclement weather.
- Carry a whistle to alert someone for help.
- Bring your own water. Stream water is unsafe to drink.
- During drought conditions, use a camp stove instead of building a campfire. Check the forest website or call the district office for information about fire restrictions.
- Camp on high ground away from rivers and streams. Water levels can rise quickly during rainstorms, causing a flash flood.
- Camp in open spaces, in areas where you will not be hit if a tree or limb falls. Look up for trees with broken limbs or tops. Do not camp under snags or dead trees.
- Watch your footing near cliffs and avoid hiking or riding the trail after dark.

Bears

With a growing population of black bears in eastern Kentucky, the Daniel Boone National Forest has issued a forest-wide food storage order. Campers in developed sites must store food, garbage and other odorous items that may attract bears in a bear-resistant container, inside their vehicle, or in an enclosed hard-body trailer. Backcountry campers must suspend food, garbage and odorous items at least 10 feet off the ground and four feet away from any tree or pole.

All food leftovers and trash must be properly disposed of in a bear-resistant trash receptacle or other container where provided by the Forest Service. The burning or burying of food trash is prohibited.

Never feed a bear. Once bears learn to associate food with humans, they can become aggressive for another easy meal. Feeding bears is illegal.

Reduce odors that attract bears. Store food and garbage at least 100 yards away from your campsite. Never store food or odorous items inside your tent. Cook and eat in locations away from your sleeping area.

Never approach a bear. If you encounter a bear, back away slowly. Do not run.

If a bear approaches you, make lots of noise. Remain standing upright. Never lay down to play dead or turn your back on an approaching bear.

REDUCE ODORS THAT ATTRACT BEARS



Put food, trash and other odorous items in a bear-resistant container or store food in a food storage locker provided by the Forest Service.

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





Put trash in a bear-resistant trash can provided by the Forest Service, or pack it out.

In backcountry areas, hang food and trash from a tree, 10' off the ground and 4' away from the tree trunk.



About Firewood

Invasive pests, such as the Emerald Ash Borer, can be introduced to this forest if you bring in firewood from another location. Help prevent the spread of invasive pests by using camp stoves or purchase firewood at your destination. Burn all firewood and completely extinguish the fire before leaving your campsite.

Trailing Away

You might encounter "user-developed" trails that are not part of the official Forest Service trail system. These unofficial trails can cause confusion and lead you astray. If you think you might be lost, retrace your path and look for Sheltowee trail markers.

Etiquette

Riding horses or mountain bikes on wet trails can damage the trail. Check the weather forecast or call the local ranger station to avoid using the trail after a heavy rain. Stay on the trail and never shortcut trail switchbacks. Avoid creating side paths off the trail.

Do not disturb trail signs or markings. Report damaged or missing trail signs and markings to the nearest district office.

Pack out all trash.

Help protect trail and water resources by camping at least 300 feet away from the trail or any water resource.

SHELTOWEE TRACE UAS NATIONAL RECREATION TRAIL SECURITY SERVICE SECURITY SERVICE

This map shows the general location of the Sheltowee Trace, and is not meant to be a trail or transportation map. Trail maps, Forest Visitor Maps, Motor Vehicle Use Maps and USGS topographical maps are available online and at Forest Service offices. An official Kentucky highway map is available from the Kentucky Department of Transportation. The colored portions of the map show the Daniel Boone National Forest ranger district boundaries. If you need more detailed maps or information about trail conditions, contact the ranger district.

Boundaries - The Sheltowee Trace occasionally crosses privately owned land. Be respectful of landowner rights when crossing private rights-of-way. The land boundaries may be marked with yellow signs or red paint on trees. Maps are recommended to help determine land boundary locations. Some trail segments follow existing road corridors. The National Recreation Trail symbol or Sheltowee Trace turtle diamond will mark exit and entry points for the trail along roadways.

