



Reduce food odors that attract bears.

FOOD STORAGE REQUIRED.

Food and trash storage is mandatory, 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.

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



Store food, trash and other bear attractants in a bear-resistant container.

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



Horseback Riding Tips

- Ride only on designated horse trails, which are noted on trailhead signs.
- Wear safety gear, such as a riding helmet.
- Communicate when passing other trail users.
- Watch for approaching vehicles on Forest Service roads.
- To protect water quality, keep horses at least 100 feet from water.
- Do not tie horses to trees. Use a highline with tree-saver straps to tether your horse to a tree, or use designated horse tie ups.
- Riders must have and retain proof of a current negative Coggins test and a certificate of veterinary inspection (health certificate) for their horse.



Mountain Biking Tips

- Ride only on designated bike trails, which are noted on trailhead signs.
- Wear a helmet, eye protection, and gloves.
- Be courteous when approaching other trail users. Let them know you are coming.
- Maintain control of your speed at all times. Approach turns in anticipation of someone coming around the bend.
- Tread Lightly® to avoid erosion. Stay on the trail. Do not take shortcuts.



Get more simple tips on ways to minimize your impact when playing in the outdoors. Visit www.treadlightly.org

treadlightly!

ON LAND AND WATER



Daniel Boone National Forest

Spreading across 21 counties of southern and eastern Kentucky, Daniel Boone National Forest is managed to provide the nation with a sustained yield of natural resources. More than 100 developed recreation areas and 600 miles of trail provide various outdoor opportunities.

Daniel Boone National Forest is part of the Forest Service, a federal agency under the U.S. Department of Agriculture that manages national forests.

KNOW before you GO You are responsible for your own safety.

All outdoor activities have inherent risks. You may encounter a variety of unexpected and/or dangerous conditions. It is your responsibility to be informed and take precautions. Learn more at www.fs.usda.gov/r8.



Cave Run Lake Trail Guide

Daniel Boone National Forest • Cumberland Ranger District



Cumberland District
2375 KY 801 South
Morehead, KY 40351
606-784-6428



Location
From I-64, take the KY 801 exit, exit 133 and turn right onto KY 801. Go 2.9 miles toward Farmers, where KY 801 intersects with US 60 at a 4-way stop. Go straight through the 4-way stop, then go 2.4 miles and turn right into the Cumberland office parking lot.



Consumption of alcohol and open containers of alcohol are prohibited.



Camping and firebuilding in rock shelters is prohibited.



Trails are closed to horse use from Dec. 16 to May 14.



Guides like this are available at fs.usda.gov/dbnf.
5/12/2014



The area around Cave Run Lake has a network of scenic trails designed for non-motorized use. Separate trails are designated for horses and mountain bikes. All trails are open to hikers. The trails provide access to popular destinations, such as campgrounds and picnic areas.

The horse trails are open from May 15 to December 15. Mountain bike trails are open year round. Hikers may use these trails any time of year.

More trails are being constructed, and some trails may be re-routed. Check with the district office for current trail information.

Cave Run Lake, located on Cumberland District of the Daniel Boone National Forest, is located 60 miles east of Lexington, Kentucky. Exits 123, 133 and 137 off Interstate 64 provide access.



Trail Use Designations

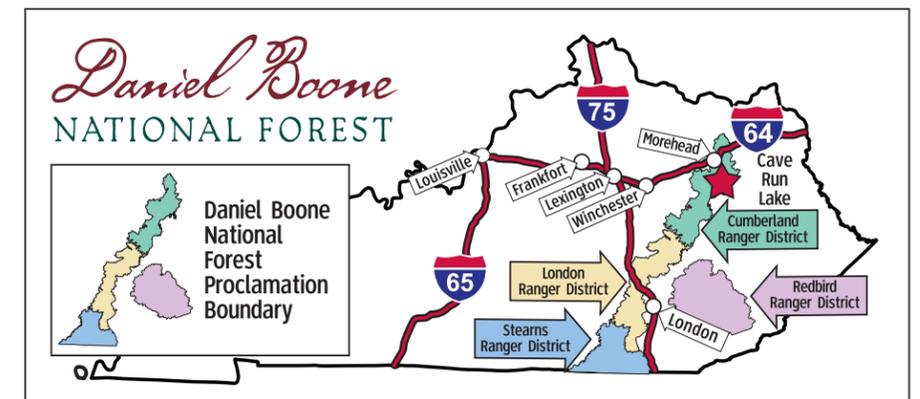
Obey all trail signs and seasonal closure notices. These signs indicate the type of use allowed on each trail. Trail use is also indicated on the map provided inside this brochure and on trailhead information boards.

Help protect natural resources and minimize damage to trails. When you follow these rules, you help maintain quality trail systems for all to enjoy.



Trail Rules

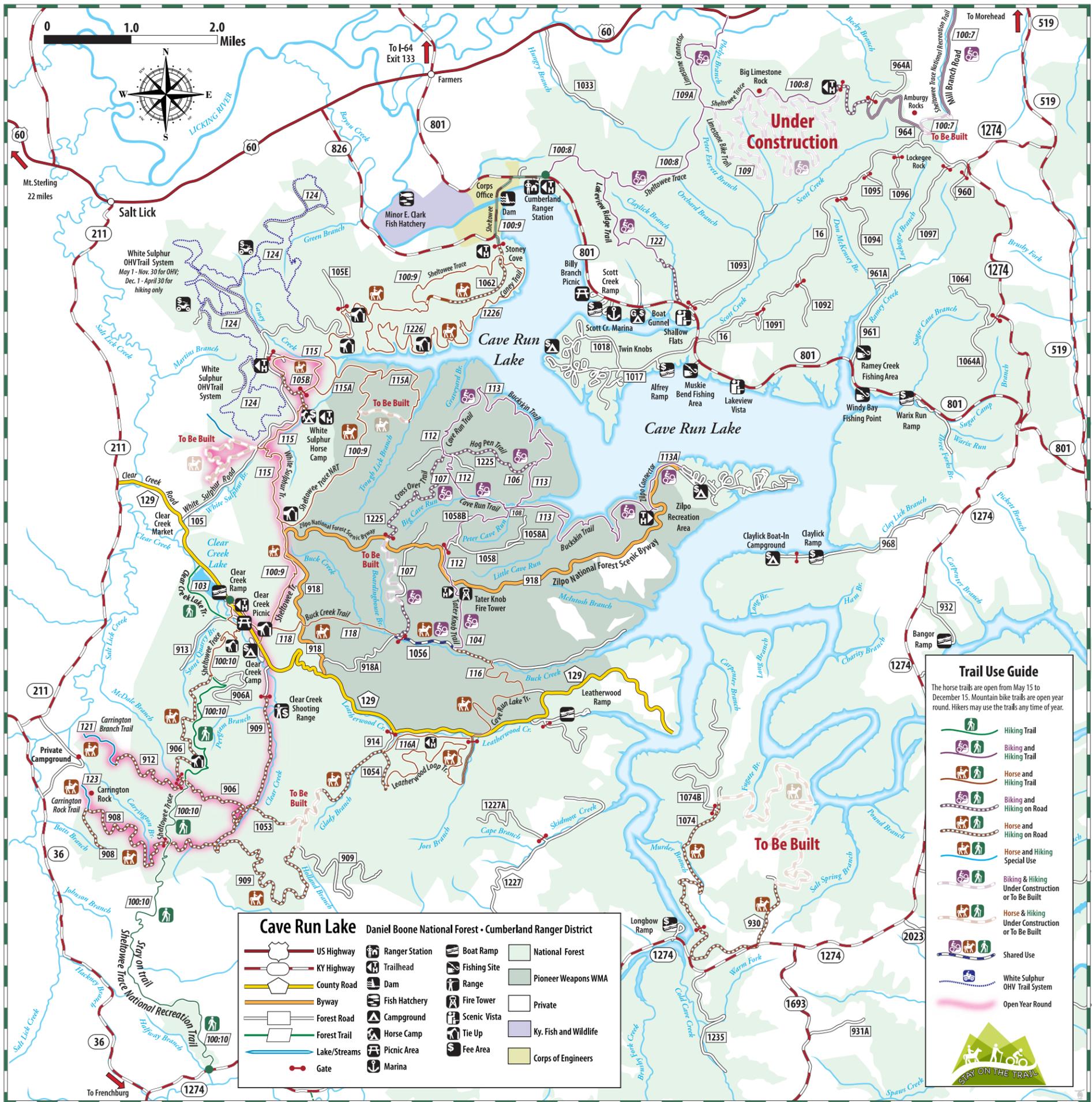
- Stay on designated trails. No cross country travel. Don't shortcut switchbacks.
- Obey trail use designations as signed.
- Respect seasonal closures. Avoid using trails when wet. Wet and muddy trails are more vulnerable to damage than dry ones.



U.S. Department of Agriculture - Forest Service
Southern Region - Daniel Boone National Forest
<http://www.fs.usda.gov/dbnf>

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Use	No.	Trail Name and Description	Miles	Difficulty
	1226	Caney Trail. Begins at Stoney Cove Trailhead. Follows the lakeshore for 6.3 miles and then connects with Sheltoewe Trace National Recreation Trail #100, leading back to Stoney Cove for a 9-mile loop. Popular loop trail with close proximity to I-64 and recreational attractions.	6.3	
	103	Clear Creek Lake Trail. Accessed from Clear Creek Boat Ramp. Begins off Sheltoewe Trace or Forest Service Road 913. From 913 the trail follows near the shoreline of Clear Creek Lake and then crosses over the lake dam, ending on Clear Creek Road.	1.0	
	104	Tater Knob Trail. Starts at Tater Knob Fire Tower parking area, follows the ridge southward, and then descends steeply along an old timber road. Ends at Buck Creek Trail #118, which is also Forest Service Road 1056. (Tater Knob Fire Tower is closed to visitation due to damage.)	1.0	
	106	Hog Pen Trail. Begins where the trail intersects with trails #112 and #107. Hog Pen Trail continues eastward along Forest Service Road 1225 and ends at the intersection of Buckskin Trail #113.	3.0	
	107	Cross Over Trail. Begins at intersection of Hog Pen Trail #106 and Cave Run Trail #112 in the Pioneer Weapons Wildlife Management Area. Follows gravel Forest Service Road 1225 south along the ridge to Zilpo National Forest Scenic Byway 918. Continues south, crossing 918 to Boardinghouse Branch to join Buck Creek Trail #118.	3.1	
	108	Connector. Connects Cave Run Trail #112 with Buckskin Trail #113 in the Big Cave Run Bottom within the Pioneer Weapons Wildlife Management Area.	0.2	
	109	Limestone Bike Trail. Begins at the Sheltoewe Trace #100 Section 8 and travels south, then reconnects with the Sheltoewe Trace near the Limestone Connector #109A.	8.2	
	109A	Limestone Connector. Begins at US 60 and travels south, crossing a swinging bridge over Triplett Creek, then ends at the Sheltoewe Trace on Limestone Ridge.	1.7	
	112	Cave Run Trail. Begins near the shores of Cave Run Lake and Reynolds Hollow. Climbs southward to intersect with Hog Pen Trail #106 and Cross Over Trail #107. Goes south into Big Cave Run drainage and back to Zilpo National Forest Scenic Byway 918. Ends at the Tater Knob parking area. (Tater Knob Fire Tower is closed to visitation due to damage.)	5.3	
	113A	Zilpo Connector. Begins at the Buckskin trailhead and travels north between Zilpo National Forest Scenic Byway and the shoreline. It ends at the entrance to Zilpo Recreation Area.	.8	
	113	Buckskin Trail. Follows Cave Run Lake shore westward to the intersection of Connector Trail #108 in the Big Cave Run drainage. Turn north and go to the ridge intersecting with Forest Service Road 1225 and Hog Pen Trail #106. Turn right to follow road and pass a pond before returning to single track trail. Follow west again along the lakeshore to the intersection of Cave Run Trail #112.	7.0	
	115	White Sulphur Trail. Begins at the White Sulphur Horse Camp with an easy short loop for beginning riders. The loop is 2.5 miles. The trail then heads south toward White Sulphur Road, paralleling the road before climbing away from White Sulphur Road and eventually intersecting with Sheltoewe Trace #100 near Zilpo National Forest Scenic Byway 918.	4.4	
	115A	White Sulphur Trail Connector. Short trail connects White Sulphur #115 from White Sulphur Horse Camp to Sheltoewe Trace #100.	0.3	
	116	Cave Run Lake Trail. Connects Buck Creek #118 to Leatherwood Loop #116A. Located within Pioneer Weapons Wildlife Management Area. Trail follows old logging roads and limestone benches.	2.8	
	116A	Leatherwood Loop Trail. Incorporates old timber roads to make a loop. Winds through cliff-lined areas and follows Leatherwood Creek adjacent to Leatherwood Road.	4.3	
	118	Buck Creek Trail. Begins at Clear Creek Campground, crossing over Zilpo National Forest Scenic Byway 918. Follows Buck Creek along an old gravel road and dirt trail, eventually connecting to Cave Run Trail #116.	3.6	
	121	Carrington Branch Trail. Trail begins at a private campground off KY 36, then climbs up a steep hillside with switchbacks before entering national forest land. Follows the ridge before joining Forest Service Road 912.	0.7	
	122	Lakeview Ridge Trail. Begins across from Shallow Flats Wildlife Viewing Area off KY 801. Travels north along the ridge to connect with Sheltoewe Trace #100. Traveling west leads to the Cumberland Ranger District office.	3.5	
	123	Carrington Rock Trail. Begins at a private campground off KY 36 and ascends on the north side of Carrington Rock and finally meanders around to the east side. Joins Forest Service Road 908.	0.3	
<p>SHELTOEWE TRACE NATIONAL RECREATION TRAIL. This trail traverses nearly 290 miles across the Daniel Boone National Forest. The Sheltoewe Trace is considered the backbone of interconnecting trail systems on national forest system lands, providing links to other trails along the way.</p>				
Use	Section	Description	Mi.	Difficulty
	100:7	KY 519/US 60 to Limestone Bike Trail #109. Begins in Morehead at the intersection of KY 519 and US 60. Travels south along KY 519 to Mill Branch Road. After leaving Mill Branch, travels westward to FS 964 and ends at Limestone Bike Trail #109.	6.5	
	100:8	Limestone Bike Trail #109 to KY 801. Located in a natural forest setting away from roads. Passes several wildlife ponds before heading west, down a ridge to the district office parking lot.	2.5	
	100:9	KY 801 to Clear Creek Campground. Travels west along KY 801 and then turns south on KY 826, crossing the dam and then down to Stoney Cove Picnic area. Day-use parking for vehicles and horse trailers at Stoney Cove or Clear Creek. Borders the Pioneer Weapons WMA to the east. Horses must stay on marked route through emergency spillway.	8.5	
	100:10	Clear Creek to KY 1274. Parking available at Clear Creek Lake. Begins along Carrington Ridge leading south of Clear Creek Campground. Scenic ridge-top views just south of Forest Service Road 908. Passes through area known as the "Sinks" and past a natural arch. Hiking only past the intersection with Forest Service Road #906A. After crossing 908, trail passes through private land (stay on the trail) before intersecting with KY 1274.	11.3	