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.

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/dbnf.

**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

**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.

**Cave Run Lake Trail Guide**

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.

**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.

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.

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.

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

**Stay on the Trail**

**Tread Lightly**
ON LAND AND WATER

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

U.S. Department of Agriculture - Forest Service
Southern Region - Daniel Boone National Forest
http://www.fs.usda.gov/dbnf
USDA is an equal opportunity provider and employer.
Carrington Rock Trail.

Begins across from Shallow Flats Wildlife Viewing Area off KY 801. Travels 3.5 miles southward to intersect with Clear Creek Trail. Continues 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 Fire Tower is closed to visitation due to damage.

Hog Pen Trail.

Begins at the 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 KY 918 to Bridgeman Branch road to the Buck Creek Trail #118.

Clear Creek Lake Trail.

Accessed from Clear Creek Boat Ramp. Begins off Sheltowee Trace #100 near KY 826, crossing the dam and then down to Stoney Cove Picnic area. Day use parking lot.

To Be Built:

Clear Creek Lake Trail. Accessed from Clear Creek Boat Ramp. Begins off Sheltowee Trace or Forest Service Road 918. From KY 918 the trail follows nearby the shoreline of Clear Creek Lake and then crosses over the lake dam, ending on Clear Creek Road.

Tater Knob Trail.

Starts at Tater Knob Fire 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.)

Hog Pen Trail.

Begins where the trail intersects with trails #112 and #107. Hog Pen Trail continues southwest along Forest Service Road 1225 and ends at the intersection of Buckskin Trail #112.

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 KY 918 to Bridgeman Branch road to the Buck Creek Trail #118.

Sheltowee Trace.

Begins where the trail intersects with trails #112 and #107. Hog Pen Trail continues southwest along Forest Service Road 1225 and ends at the intersection of Buckskin Trail #112.

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 KY 918 to Bridgeman Branch road to the Buck Creek Trail #118.

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Accessed from Clear Creek Boat Ramp. Begins off Sheltowee Trace or Forest Service Road 918. From KY 918 the trail follows nearby the shoreline of Clear Creek Lake and then crosses over the lake dam, ending on Clear Creek Road.

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