



Bee Rock Area Trails

London Ranger District • Daniel Boone National Forest • Kentucky



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FOOD STORAGE REQUIRED

Under Order DB-01-13, visitors 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. 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.



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



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



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



Hang food and trash from a tree, out of a bear's reach in back country areas where bear-resistant trash cans and vehicles are not nearby.

Rockcastle Narrows East Trail #401

This trail and a segment of the Sheltoewe Trace National Recreation Trail #100 form a 6-mile loop. Hikers will enjoy a variety of scenery along the trail. The 1.8-mile segment winds along the cliffs above Cane Creek before descending through the cliffline at a small waterfall and proceeding along side Cane Creek to the junction with Winding Stair Gap Trail #402. The 2.1-mile segment provides views of the Class III whitewater of the Rockcastle Narrows. The .6-mile segment meanders along Yuel Branch before rejoining the Sheltoewe Trace.

Begins:	Sheltoewe Trace	Difficulty:	Moderate to strenuous
Ends:	Sheltoewe Trace	Surface:	Dirt
Length:	4.5 miles	Parking:	KY 192, Forest Road 119.
Quad:	Ano	Latitude:	37.027909
County:	Laurel	Longitude:	-84.317916

Rockcastle Connector Trail #401A

This trail begins just above the parking area for the boat ramp at Bee Rock Campground. and leads upstream 1.25 miles to the mouth of Cane Creek. The trail lies between the cliffline and the backwaters of Lake Cumberland on the Laurel County side.

Begins:	Bee Rock Ramp	Parking:	Bee Rock Boat Ramp
Ends:	Mouth of Cane Creek	Difficulty:	Easy to moderate
Length:	1.5 miles	Surface:	Dirt
Quad:	Ano	Latitude:	37.027909
County:	Laurel	Longitude:	-84.317916

Winding Stair Gap Trail #402

This trail connects to Rockcastle Narrow East Trail #401, located near Bee Rock Campground. Most of the trail runs through second growth forest. It passes near the site of the old Warner Hotel, which was built in the 1800s and stood until the early 1900s. All that remains is an old well and the building's foundation.

Take KY 192 west from London and go 6 miles. Turn right (north) on Forest Road 56 (sign to Cane Creek WMA) and go 4.7 miles. Turn left (west) on Forest Road 119, which is gated.

Begins:	Forest Road 119	Parking:	No parking lot
Ends:	#401	Difficulty:	Intermediate to difficult
Length:	1.25 miles	Surface:	Dirt
Quad:	Ano	Latitude:	37.027909
County:	Laurel	Longitude:	-84.317916

Low lying areas near streams and rivers are prone to flooding, so be alert for flooding when driving, camping or crossing streams in this area. Monitor the NOAA weather radio all hazards bulletins, or your local news stations for weather information.

Even when it's not flooding, swift currents and undertows can make swimming and wading very hazardous.

Be especially cautious at night. When rain is forecasted, do not camp or park your vehicle along streams, rivers, or low-lying areas.

Get to higher ground if flooding occurs. Leave low-lying areas immediately.

Avoid areas already flooded, especially if the water is flowing fast. Do not attempt to cross flowing streams. Remember: "Turn around - don't drown".



KNOW before you GO 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. Learn more at www.fs.usda.gov/r8.



London District
761 S. Laurel Rd.
London, KY 40744
606-864-4163



Directions
From I-75 at London exit 38, turn west on KY 192. Proceed 18 miles to the campground.



Open Dates
Trails are open all year.



Trail Fees
None.



Restrooms
Vault toilets at campground.



Accessibility
These trails do not meet accessibility standards for persons with disabilities.



Trails are closed to motorized vehicles.



Consumption of alcohol and open containers of alcohol are prohibited.



Camping and firebuilding in rock shelters is prohibited.



No climbing or rappelling from cliffs, arches or other rock formations at Bee Rock Overlook.



No horses in Bee Rock campground.



No swimming or fishing at boat ramp.

Guides like this are available at fs.usda.gov/dbnf.
12/23/2014



Bee Rock Overlook presents a beautiful view of the dramatic rocks and cliffs along the Rockcastle River. The Bee Rock Campground features camping units on both sides of the Rockcastle River. The Laurel County side is open all year. The Pulaski County side of the campground is open from mid April to mid October; call the London District office for exact dates.

Rockcastle Narrows Trail #503

This trail features numerous scenic overlooks, majestic cliffs, wildflowers, and an opportunity to observe wildlife and catch fish from the Rockcastle River. The trail begins at the end of the overflow parking area on the Pulaski County side of Bee Rock Campground and follows along the Rockcastle River. Turning northwest up the hill, the trail crosses Close Road (807) and connects with Bee Rock Loop Trail #529 for returning to the campground.

Begins:	Overflow parking area	Difficulty:	Moderate to Difficult
Ends:	Intersection with #529	Surface:	Dirt
Length:	3 miles	Quad:	Ano
County:	Pulaski	Latitude:	37.027909
Closest Town:	London	Longitude:	-84.317916

Trail Connections: Bee Rock Loop Trail #529

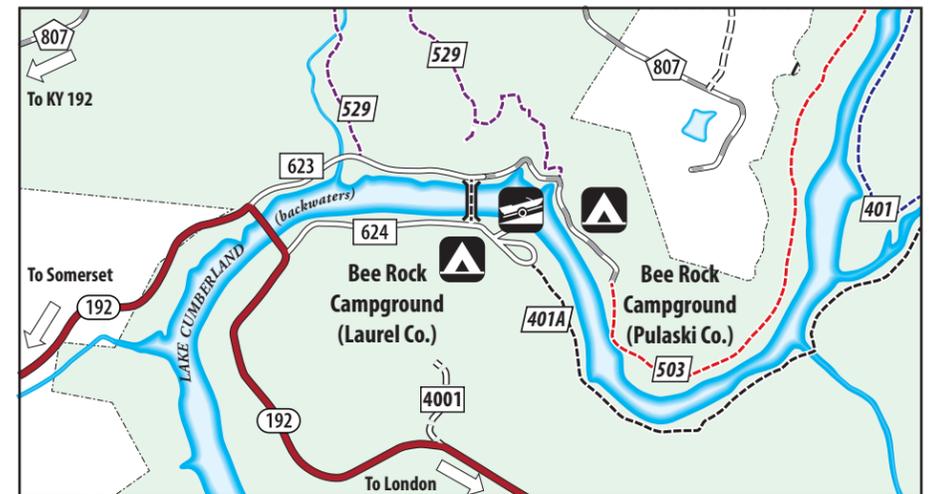
Nearby Facilities: Bee Rock Campground, Bee Rock Boat Ramp

Bee Rock Loop Trail #529

This trail is perfect for a short dayhike. The trail is located on the Pulaski County side of Bee Rock Campground. Approximately 200 yards off the trail, an overlook provides a panoramic view of the Rockcastle River and surrounding forest. This loop trail begins and ends at two separate locations along Forest Service Road 623.

Begins:	Forest Road #623	Difficulty:	Moderate to Difficult
Ends:	Forest Road #623	Surface:	Dirt
Length:	1.75 miles	Quad:	Ano
County:	Pulaski	Latitude:	37.027909
Closest Town:	London	Longitude:	-84.317916

Trail Connections: Rockcastle Narrows Trail #503



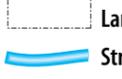
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Southern Region - Daniel Boone National Forest
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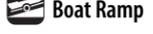


Bee Rock Area Trails

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-  Cane Creek Wildlife Management Area Boundary
-  National Forest Land
-  Kentucky Wild River Corridor
-  Private Land
-  Stream

-  State Highway
-  County Road
-  Forest Road
-  Forest Trail
-  Highway
-  Road
-  Gravel
-  Dirt
-  Trail

-  Campground
-  Restroom
-  Boat Ramp
-  Parking
-  Trailhead
-  Overlook
-  Waterfall
-  Sheltowee Trace National Recreation Trail
-  100

