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.

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.

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.

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Rockcastle Narrows East Trail #401

This trail and a segment of the Sheltowee 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 cliffsine 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 Sheltowee Trace.

Begins: Sheltowee Trace Difficulty: Moderate to strenuous 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 cliffsine and the backwaters of Lake Cumberland on the Laurel County side.

Begins: Bee Rock Ramp Difficulty: Easy to moderate Length: 1.5 miles Parking: Bee Rock Boat Ramp 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 1880s and stood until the early 1900s. All that remains is an old well and the building’s foundations.

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 Difficulty: No parking lot Ends: #401 Length: 1.25 miles Parking: No parking lot 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 if flowing fast. Do not attempt to cross flowing streams. Remember: “Turn around - don’t drown”.

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Directions

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

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

London District

781 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 Fee

None.

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Vault toilets at campground.

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