Sheltowee Trace #100 Section 27 - Moonbow: This 11-mile section of the Sheltowee Trace National Recreation Trail is also known as the “Moonbow Trail.” The trail runs adjacent to the Cumberland River from the Mouth of Laurel to Cumberland Falls, the second largest waterfall east of the Rocky Mountains. From Fishing Creek to Bark Camp Creek, an alternate flood route (#100A, 3 miles) is available for use during periods of high water. The flood route follows mostly ridges and Forest Service roads above the cliffline.

The Sheltowee Trace continues by crossing a bridge over Bark Camp Creek, just above the scenic water cascades. A small camping shelter is located a few hundred yards south of the creek. A second shelter is located two miles further south at Star Creek.

The Sheltowee Trace joins a park trail at Cumberland Falls State Resort Park. Several park trails intersect with the Sheltowee Trace, so hikers are advised to obtain a park trail map before hiking this section of trail. State park trails are closed to bicycles, horses and motorized vehicles. Parking is available at Mouth of Laurel Boat Ramp and the Cumberland Falls State Resort Park. The parking lot at the falls is gated and locked at night. There is also parking at the top of the hill at DuPont Lodge.

Begins: Mouth of Laurel
Ends: Cumberland Falls State Resort Park
Length: 11 miles
Quadrant: Cumberland Falls

Bark Creek and Star Creek Shelters

The Forest Service administers two adirondack shelters, Bark Camp and Star Creek Shelters. Both are located on the Moonbow section of the Sheltowee Trace. These shelters are available on a first-come, first-served basis. No restroom facilities are available. Plan on packing in your drinking water and packing out your trash.

These popular trails are located along the Cumberland River on the London Ranger District.

Bark Camp Trail #413 follows the north side of Bark Camp Creek. The trail passes under rock shelters and cliffs. There is a small waterfall about a mile from the trailhead and a beautiful series of cascades near the trail’s junction with the Sheltowee Trace National Recreation Trail. An adirondack shelter is located on the Sheltowee Trace about one tenth mile south of the its junction with Bark Camp Trail. The creek is stocked with rainbow trout.
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Begins: Mouth of Laurel  Difficulty: Moderate
Ends: Cumberland Falls State Resort Park  Surface: Dirt
Length: 11 miles  County: Whitley
Quad: Cumberland Falls  Closest Town: Corbin

Bark Creek and Star Creek Shelters

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