



# Rockcastle Narrows East #401

London Ranger District • Daniel Boone National Forest • Kentucky



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



**Directions**  
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. Forest Road 119 is gated. Check with the London office.



**Open Dates**  
Trail is open all year. Forest Road 119 is gated.



**Trail Fees**  
None.



**Accessibility**  
Trail does 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.

## 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](http://www.fs.usda.gov/r8).

Guides like this are available at [fs.usda.gov/dbnf](http://fs.usda.gov/dbnf).  
11/04/2013



## Rockcastle Narrows Trail East #401

This trail and a segment of the Sheltoewe Trace National Recreation Trail #100 form a 6-mile loop that can be accessed from the trailheads at KY 192, and Forest Road 119. 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 Yeul Branch before rejoining the Sheltoewe Trace National Recreation Trail.

Begins:	Sheltoewe Trace	Difficulty:	Moderate to strenuous
Ends:	Sheltoewe Trace	Surface:	Dirt
Length:	5 miles	Parking:	KY 192, Forest Road 119.
Quad:	Ano	Latitude:	37.027998
County:	Laurel	Longitude:	-84.320442

## Rockcastle Connector Trail #401A

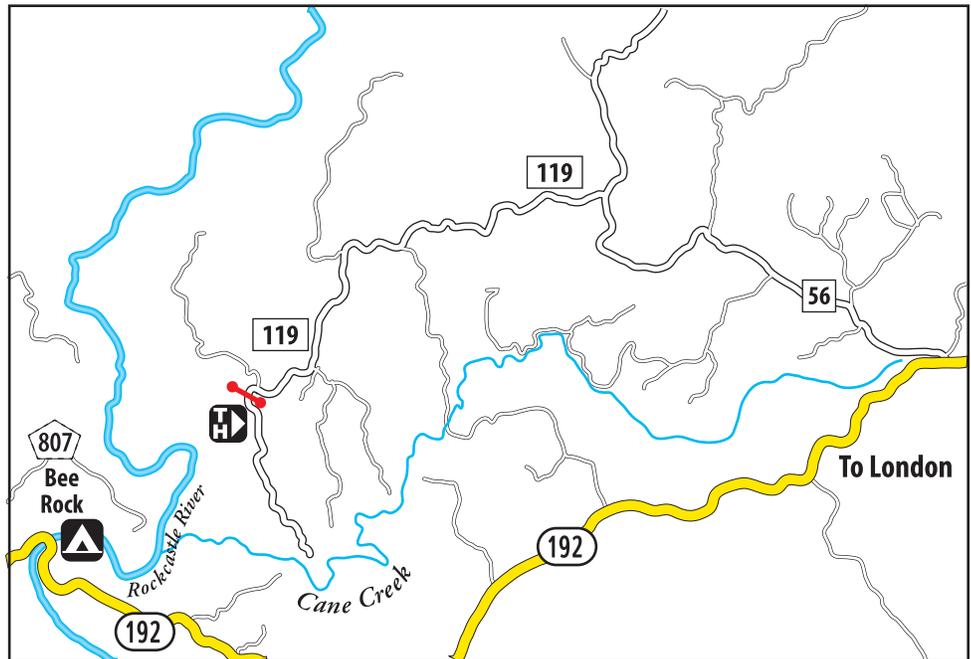
This trail begins just above the parking area for the boat ramp at Bee Rock Campground and leads upstream 1.25 miles to the mouth of Cane Creek. There is no bridge across the creek. Hikers who wish to continue on the Rockcastle Narrows East Trail or Winding Stair Gap Trail will need to ford the creek.



**CAUTION:** Low lying areas are prone to flooding, so be alert for flooding when driving, camping or crossing streams in this area. Swift currents and undertows can make swimming and wading very hazardous.

**FOOD STORAGE REQUIRED.** 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.

Backcountry campers must suspend food, garbage and odorous items at least 10 feet off the ground and four feet away from any tree or pole. 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.



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

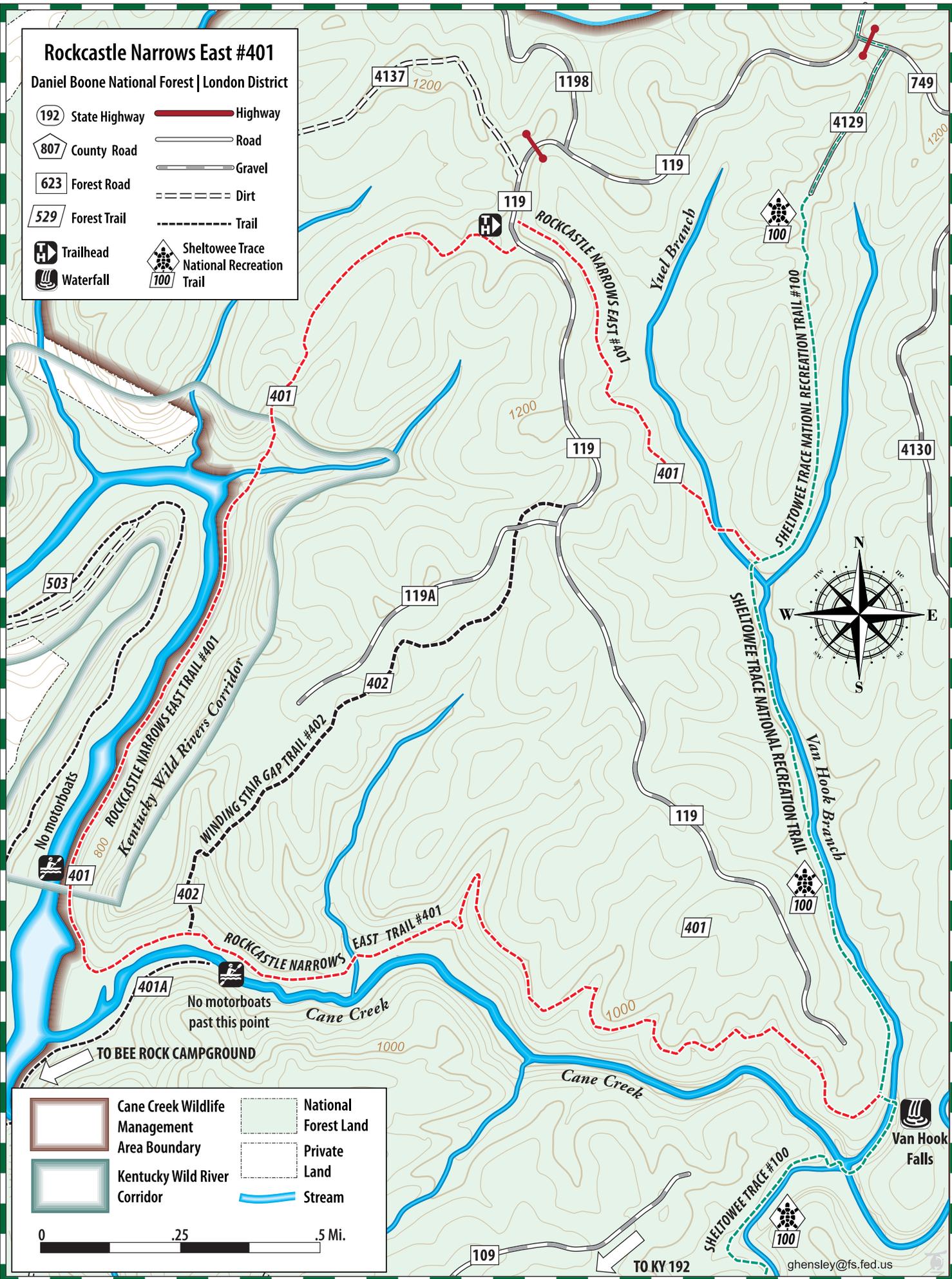
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Daniel Boone National Forest | London District

- |  |               |  |                                           |
|--|---------------|--|-------------------------------------------|
|  | State Highway |  | Highway                                   |
|  | County Road   |  | Road                                      |
|  | Forest Road   |  | Gravel                                    |
|  | Forest Trail  |  | Dirt                                      |
|  | Trailhead     |  | Trail                                     |
|  | Waterfall     |  | Sheltowee Trace National Recreation Trail |
|  |               |  | 100 Trail                                 |



- |  |                                              |  |                      |
|--|----------------------------------------------|--|----------------------|
|  | Cane Creek Wildlife Management Area Boundary |  | National Forest Land |
|  | Kentucky Wild River Corridor                 |  | Private Land         |
|  | Stream                                       |  |                      |
- 0 .25 .5 Mi.