Rockcastle Narrows Trail East #401

This trail and a segment of the Sheltowee 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 Sheltowee Trace National Recreation Trail.

Begins:  Sheltowee Trace  Difficulty:  Moderate to strenuous
Ends:  Sheltowee 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.

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.

Guides like this are available at fs.usda.gov/dbnf. 11/04/2013