Winding Stair Gap Trail connects to Rockcastle Narrow East Trail #401, located east of Bee Rock Campground (Pulaski County side). 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.

This trail is located east of Bee Rock Campground on London Ranger District. The Bee Rock Campground features camping units on both sides of the Rockcastle River.

Winding Stair Gap Trail
London Ranger District • Daniel Boone National Forest • Kentucky

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.

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.

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.