



# Rockcastle Narrows Trail #503

London Ranger District • Daniel Boone National Forest • Kentucky



**London District**  
761 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 bridge over Rockcastle River between Somerset and London.



**Open Dates**  
Trail is open all year.



**Trail Fees**  
None.



**Restrooms**  
Vault toilets at campground.



**Accessibility**  
Trail does not meet accessibility standards for persons with disabilities.



Trail is 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](http://fs.usda.gov/dbnf).  
1/20/2015



Bee Rock Overlook presents a beautiful view of the dramatic rocks and cliffs along the Rockcastle River. Bee Rock Campground features camping units on both sides of the Rockcastle River. The Laurel County side is open all year. The Pulaski County side of the campground is open from mid April to mid October; call the London District office for exact dates. 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.



## Rockcastle Narrows Trail #503

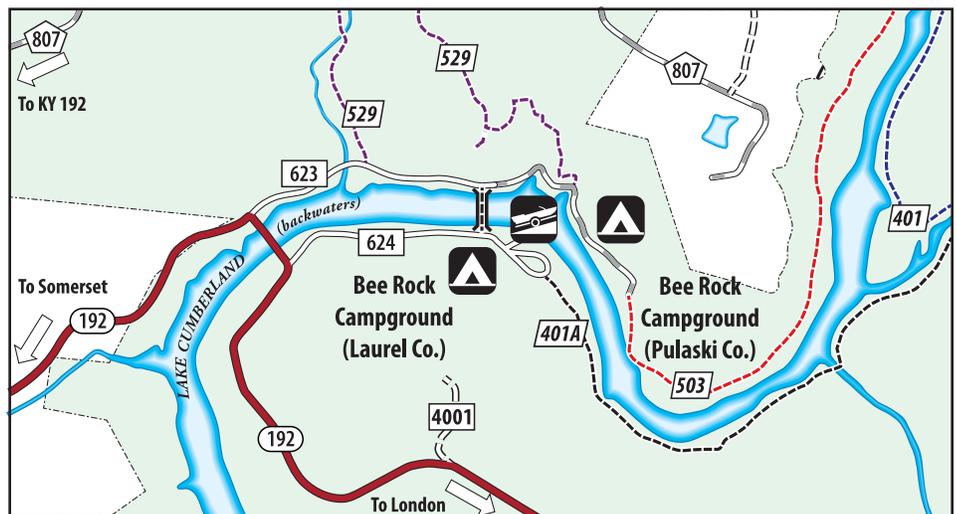
This trail features numerous scenic overlooks, majestic cliffs, wildflowers, and an opportunity to observe wildlife and catch fish from the Rockcastle River. The trail begins at the end of the overflow parking area on the Pulaski County side of Bee Rock Campground and follows along the Rockcastle River. Turning northwest up the hill, the trail crosses Close Road (807) and connects with Bee Rock Loop Trail #529 for returning to the campground.

Begins:	Overflow parking area	Difficulty:	Moderate to Difficult
Ends:	Intersection with #529	Surface:	Dirt
Length:	3 miles	Quad:	Ano
County:	Pulaski	Latitude:	37.027909

**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.



**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).



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

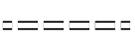
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Daniel Boone National Forest | London District

	Kentucky Wild Rivers Corridor		Private Land
	National Forest Land		Stream

	State Highway		Highway
	County Road		Road
	Forest Road		Gravel
	Forest Trail		Dirt
	Forest Trail		Trail

	Campground		Parking		Sheltowee Trace
	Restroom		Trailhead		National Recreation Trail
	Boat Ramp		Overlook		

